

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



Back to the Basics, Part II **Changing your life & changing your soul**

By Jon Leonetti

Reflective Questions

1. The saints loved the sacraments and they frequented them. How are you able to incorporate more of the sacraments into your life? When was the last time you went to Confession? Can you make time to do it more frequently?
2. Jon suggests that we need to, “clean up” our souls. Confession helps us do this. It gives us the strength and graces we need to, “go and sin no more.” We also have to choose and work at sinning less. What are ways you can work on that in yourself? What are the sins you’re struggling with the most?
3. How would your life change if you went to one more Mass during the week?
4. The more we receive Jesus Christ in the Eucharist, the more we change and the more we conform to be like Him. What are the ways you would like to become more like Christ? What are the areas that seem hardest for you to overcome to be more like Him?
5. The Eucharist moves us in grace and develops us in virtue. Consider picking a virtue to work on this Advent, and every time you go to Mass and receive the Eucharist, ask Jesus to help you grow in that virtue.
6. Our Lady ultimately knows what’s good for us, and that is always Jesus, her son. If you’re struggling with going prayer directly to God, take your

intentions through the Blessed Mary. Ask her to pray for you and to help you with getting closer to Jesus.