

The Pray More Lenten Retreat Study Guide

Renewing Our Covenant with God This Lent

By Fr Chase H

Reflective Questions

“After John had been arrested,
Jesus came to Galilee proclaiming the gospel of God:
"This is the time of fulfillment.
The kingdom of God is at hand.
Repent, and believe in the gospel."
- Mark 1:14

Mass Readings for this Sunday:

<http://www.usccb.org/bible/readings/021818.cfm>

- During a preseason, much like Lent, we make changes so that we can work on becoming a better version of ourselves. This preseason, this Lent, how can you stay in the moment and stay focused on doing the work of the preseason without wanting it to be over already?
- God is always looking for the righteous -- people who trust in Him, who obey His words, and who truly love Him and want to live in relationship with Him. How can you work on these virtues and habits this Lent?
- God also looks for humble people. What ways can you humble yourself in the next few weeks? Consider praying the Litany of Humility throughout Lent.
- God wants to make our lives new again and to renew the covenant with us. What can you do this Lent to work on your relationship with Him?
- God constantly offers Himself to us in the Holy Eucharist. Once we receive Him, we get the chance to share His love with the world. How do you do this?

- In the desert, Jesus suffered physically, mentally, emotionally and spiritually. In what ways are you suffering this Lent? How can you meditate on Jesus' suffering during this season and unite yours to His? How can you take comfort in knowing our savior also suffered in these similar ways.
- “Lord, I trust you with my life. I renew that covenant that I already have with you through my baptism...”