

# **The Pray More Lenten Retreat Study Guide**

## **The Grace Trifecta, Part I: Prayer**

By Allison Gingras

### **Reflective Questions**

“Prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus.”

--St. Therese of Lisieux

We know that all things work for good for those who love God, who are called according to his purpose.

- Romans 8:28

- Prayer, Fasting and Almsgiving. How can you use these three things to grow closer to God this Lent?
- Simply put, prayer is a conversation with God and a time to open up our hearts to Him. How much time do you spend listening to God in prayer? How much time do you spend speaking to Him? Do you do one way more than you do the other? How can you balance those two out in the next few weeks?
- Allison shares that she finishes her day off with an examination of what she did well and what she could have done better, asking for God to help her in the next day. Have you considered doing an examination of conscience before going to sleep?
- When have you received peace in your life? What was a time that you most felt God’s peace wash over you?
- In what affliction or trial have you learned that you needed to trust in God more? And how did that change your situation when you grew in trusting Him?

- How has God carried you through a hard time? How has He walked alongside you while you have carried your cross?