



The Pray More Healing Retreat

The Power of Hope & Prayer in Dark Times

By Amy Thomas

“As a result of Christ's salvific work, man exists on earth *with the hope* of eternal life and holiness. And even though the victory over sin and death achieved by Christ in his Cross and Resurrection does not abolish temporal suffering from human life, nor free from suffering the whole historical dimension of human existence, it nevertheless *throws a new light* upon this dimension and upon every suffering: the light of salvation. This is the light of the Gospel, that is, of the Good News.”

- St. John Paul II

Reflective Questions

1. In Amy's testimony, she speaks about how she believes God was using her sufferings to bring her on her knees and closer to Him. How has God done this in your life? Are you able to see purpose in some of your pain?
2. Being sanctified is often spoken of as a difficult and painful process because it changes us and transforms us from our selfish selves into holier people. How have you been refined by fire? How have you been sanctified through your difficulties and sufferings?
3. Sometimes our tragedies are where God can do the best work inside of our lives. What can He possibly do with the situation you're

currently facing? How can you believe and trust that He will use your situation for good?

4. In many situations, we can feel like God is far away from us. During those times, we ask Him to come to our side, but today we also encourage you to seek Him out and to go to His side. What are some ways that you can move closer to God today?
5. “To come to know God — the true God — means to receive hope.” (St. John Paul II) What are the ways that you can get to know God better, so that you can receive more hope?