

The Pray More Lenten Retreat Study Guide

Coping with God's Silence with Sr. Faustina

Reflective Questions

“Rejoice in hope, be patient in suffering, persevere in prayer.”

- Romans 12:12

1. Have you ever experienced the silence from God that Sr. Faustina discusses? If so, which kind of silence was it? Was it due to your own human weaknesses; tiredness, busyness or were you looking for a thunderbolt of very direct communication? Or did you stay the course — were you with God but you couldn't hear Him?
2. If your answer is that you were too tired, sick, busy or that you weren't really open to hear what God has to say, dive deeper into what the situation may have been. Take an honest look at your life of prayer and take a step towards making prayer more of a priority. For example, if you are so busy that you haven't given the Lord time in prayer — make time and put it on your schedule.
3. If your answer is that you stayed the course with God and you prayed regularly but you don't hear Him — then listen! Listen to the silence and perhaps even increase your prayer time. Silence is a form of speaking. The Lord is asking for a response to his silence even if you don't understand. Reflect on the silence.
4. After reflecting on the silence; what do you believe God is asking of you? What plans might he have for you right now or in the future?