

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

## **“I Have Come to Rescue Them” with Fr. John Burns**

### **Reflective Questions**

“Bless the Lord, O my soul, And all that is within me, bless His holy name. Bless the Lord, O my soul, and forget none of His benefits; who pardons all your iniquities, who heals all your diseases; who redeems your life from the pit, who crowns you with lovingkindness and compassion; who satisfies your years with good things, so that your youth is renewed like the eagle.”

- Psalm 103:1-5

1. As the people of Israel experienced many trials, the Lord came to their aid and helped them time and time again. God always protected them, guided them and showed them that they were beloved by God. When was a time that you experienced trials and were, in turn guided or helped by God?
2. Have there been times that you have walked away from God or forgotten who God is, what He’s done for us and how He’s calling us to Him? If so, what happened at that time and how did you find your way back to God?
3. Has there ever been a time that, as today’s scripture readings say, you have been, “rescued” by God?
4. In the mass readings for today, Christ is saying that if we don’t turn away from our sin, that means we are choosing to stay away from God. We are choosing the world over God. Take some time to make a good confession with this call to repentance in mind.