

The Pray More Lenten Retreat Study Guide

Jesus is Doing Something New: “Go and Sin No More” with Fr. John Burns

Reflective Questions

“[But] whatever gains I had, these I have come to consider a loss because of Christ. More than that, I even consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord.”

- Philippians 3:7-8

1. Fr. John discusses sin and that we sometimes fall away in a pattern that is regular to us and other times we fall away in a way that is surprising to us. Both are very important. If we are repeating old patterns, we know that it's a life-long struggle that we're engaging. If it's something new and surprising, we learn something from that too. Which means that we are always capable of serious sin. Even if life seems like it's on track, we can be surprised in a moment that as some desire overwhelms us, we would do something and turn away from God and choose something far less than Him. Look at your life, which kind of sin are you struggling with? A pattern or a surprise?
2. Serious sin and death is always at the doorstep. Which is why we have to turn back to the Lord over and over. We need to seek the sacrament of Reconciliation. Be sure to go to the sacrament of Reconciliation during Lent and before Easter.
3. After going to Reconciliation, have you ever recognized the richness of God's grace? Fr. John explains that God's grace through Reconciliation transforms us and makes us new. Have you ever experienced this, “newness”? If so, what was it like?
4. As Fr. John suggested, write down in your journal or somewhere you will see it, “Lord, I return to you.” Also, write your own offering of your life and of your heart to God during this Lenten season.