

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

## **Listening to and for God's Voice with Sr. Faustina**

### **Reflective Questions**

“If you knew the gift of God!’ The wonder of prayer is revealed beside the well where we come seeking water: there, Christ comes to meet every human being. It is he who first seeks us and asks us for a drink. Jesus thirsts; his asking arises from the depths of God's desire for us. Whether we realize it or not, prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him.”

- 2560 Catechism of the Catholic Church

1. Has there been a time in your life where you felt that you were running on empty and needed the guidance of God? If so, did you find guidance from God? What did you do to seek His guidance?
2. What is your heart thirsty for when you pray? What does your heart crave when praying to God?
3. Who is in the driver's seat of your life? Is God in the driver's seat or is it fear, money, to please others, or something else?
4. Sr. Faustina teaches us that there is a movement to god's voice. God is inviting us to go on a journey with Him. What are the invitations in my heart from God? To forgive someone, to help someone, to volunteer, to talk to someone etc. the movement makes our hearts move in freedom and grace.