

The Pray More Lenten Retreat Study Guide

Saints Who Suffered & What We Can Learn From Them with Jon Leonetti

Reflective Questions

“No one has greater love than this, to lay down one’s life for one’s friends.”

- John 15:13

1. Jon mentioned several saints who suffered greatly during their lives. What saint do you feel most connected to or inspired by? How did they handle suffering in their life? Why do you find them to be inspiring?
2. When you face suffering of any kind whether it be spiritual, physical or otherwise, it’s important to get help from a counselor, spiritual director or trusted family member or friend. As the saints show us through their lives, you don’t have to be alone. If you are facing suffering during Lent, make it a priority to find someone who can support you through the difficult times.
3. Often times, especially in today’s secular culture, Catholics find themselves battling other people and going against the crowd on many issues in life. In a lot of ways that’s what Christianity is; going against the crowd. What do the saints, like St. Theresa of Avila, teach who went against the crowd teach us?
4. Has there been a time in your life when you think that you can be the savior? That is, when you are facing suffering have you ever thought, “It’s up to me to make things better”? If so, you’re not alone. We have all thought that it’s up to us and that by our own effort we can make everything the way it should be. But, we aren’t the savior, Jesus is the savior. In looking at the lives of the saints, we learn from them how to let God be the savior. The saints did not see suffering as obstacles. The saints saw suffering as opportunities for holiness. What is important is to never give up while suffering and to always keep God at the center. So, the next time you face suffering, whether it be big or small, challenge yourself to offer it to God as the saints did.