

The Pray More Lenten Retreat Study Guide

The Trouble When We Rely On Our Own Strength with Mary Lenaburg

Reflective Questions

“Thus says the LORD:

Cursed is the man who trusts in human beings,
who seeks his strength in flesh,
whose heart turns away from the LORD.

He is like a barren bush in the desert
that enjoys no change of season,
But stands in a lava waste,
a salt and empty earth.

Blessed is the man who trusts in the LORD,
whose hope is the LORD.

He is like a tree planted beside the waters
that stretches out its roots to the stream:

It fears not the heat when it comes,
its leaves stay green;

In the year of drought it shows no distress,
but still bears fruit.

More tortuous than all else is the human heart,
beyond remedy; who can understand it?

I, the LORD, alone probe the mind
and test the heart,

To reward everyone according to his ways,
according to the merit of his deeds.”

- JER 17:5-10

1. When have you noticed yourself relying on your own strength instead of relying on God's strength? What were the consequences of that? How might that situation have turned out if you had relied less on yourself and more on Him?
2. What situation are you currently facing that's troubling you? How do you see God showing up in the midst of this situation? Is He

presenting you with option, people or opportunities, to help you? And are you saying, "yes" to what He's presenting in front of you?

3. The Bible is the handbook of life. How well do you know it? How can you spend a little more time reading Scripture throughout Lent? How about reading the daily Mass readings once a week?
4. Where is God leading you this Lent? What does He need you to do, how does He need you to serve?
5. Do you have hope in the Lord? What do you need to do to restore your hope in Christ?