

The Pray More Healing Retreat Study Guide

Embracing Our Cross with Joshua Mazrin

Reflective Questions

“Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.” - Mt. 16:24

1. All of us are inclined to try to escape from suffering. Sometimes we even go to great lengths to make our lives more comfortable and to escape unpleasantness. How have you attempted to escape from suffering in your life? Has it ever caused you to suffer more in the long run?

2. You may have heard well-meaning religious people say that we should “offer it up” when we suffer. But Joshua points out that this mentality can lead to merely being passive in accepting suffering that comes to us, which is not as spiritually fruitful as actively embracing our sufferings. How can you be more active in accepting suffering in your life?

3. Mortification is important for our spiritual lives, because it helps us to detach ourselves from the things of this world. What steps can you take to help you grow in detachment from things of this world?

4. God often works through our suffering to purify us and to lead us toward the proper disposition for mystical union with Him. What sufferings in your life are unavoidable right now? How might God be trying to perfect you through them?