

The Pray More Healing Retreat Study Guide

Grief, Healing, and Meditating on Our Lady of Sorrows with Jeannie Ewing

Reflective Questions

“O most holy virgin, mother of our Lord Jesus Christ: by the overwhelming grief you experienced when you witnessed the martyrdom, the crucifixion, and the death of your divine Son, look upon me with eyes of compassion and awaken in my heart a tender commiseration for those sufferings, as well as a sincere detestation of my sins, in order that, being disengaged from all undue affections for the passing joys of this earth, I may long for the eternal Jerusalem, and that henceforth all my thoughts and all my actions may be directed toward this one most desirable object.”
– St. Bonaventure

1. As Jeannie references, many people struggle with their relationship with Mary. Her freedom sin and the many apparitions and dogmas related to her conception, life, and death can make her seem difficult to relate to. What is your relationship like with our Blessed Mother? How do you feel about her, both spiritually and personally?
2. Have you participated in a consecration to Jesus through Mary? If so, reflect on that experience. What fruits have you seen from that consecration? If not, what is holding you back from it?
3. Meekness, as Jeannie mentioned, is related to tearing down the walls we build around our heart due to hurt, pain, or suffering. What walls do you have around your heart? Around your soul? What would it take to break down those walls?