

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

## **Healing from Feeling Worthless with Tim Lucchesi**

### **Reflective Questions**

“Endowed with "a spiritual and immortal" soul, the human person is "the only creature on earth that God has willed for its own sake." From his conception, he is destined for eternal beatitude.” — Catechism of the Catholic Church, 1703

1. Tim mentions that our society has created a culture where people are defined by their finances. When have you allowed this to define your self-worth? What are some small steps you can take to overcome this idea that your worth is somehow more or less based on how much money you make?
2. Things that are shared on social media are often filtered and create a false narrative. It's important that we don't compare our lives to what we see there, but we know that's difficult. What are ways that you can remember that what you're seeing there is filtered, may not be entirely true, or may be masking what's really going on in someone's life? How can you remember that some are showing their highlight reel and not their deepest struggles like you may be experiencing and thinking about?
3. How else do you compare yourself to others? Do you see how doing so devalues your dignity?
4. To be humble is not to say, "I'm no good." It's to say, "I am good because God made me to be good." God chose to make you out of love. Consider writing on a post-it note: God made me to be good. Put the note somewhere you'll see it every day throughout the day. And if you're having a difficult time believing it, pray and ask God to help you believe.
5. St. John Paul II said that those who suffered were closest to Christ. How might this be true in your life?
6. What are three things you're grateful for today?