The Pray More Healing Retreat Study Guide

Six Spiritual Principles of Healing after Grief & Loss with Jeannie Ewing

Reflective Questions

"Pain and suffering have come into your life, but remember pain, sorrow, suffering are but the kiss of Jesus — a sign that you have come so close to Him that He can kiss you." – St. Teresa of Calcutta

1. Do you believe that suffering can be redemptive? Have you ever witnessed redemptive suffering in yourself or a loved one?

2. Think about the one grief or cross in your life – the one that constantly occupies your thoughts and you bring to prayer again and again. Imagine if you could let that suffering and worry go for just one day or even one hour. Practice this principle of surrender and see how long you can go without trying to take that fear back from God.

3. Jeannie mentioned that abandonment means "relinquishing the desire to have (your prayers) answered in a certain way." Are you okay with whatever God's answer to your prayers are? Have you ever successfully let go of this desire to ask for a specific outcome to your prayers? If so, how did it go and what were the results?

4. Jeannie referenced Bl. Solanus Casey's saying to thank God ahead of time. What is holding you back from being able to do this?

5. Do you believe that God has good things ahead for you? Why or why not?