

The Pray More Healing Retreat Study Guide

The Healing Power of the Sacraments with Dr. Bob Schuchts

Reflective Questions

“And a voice came from the heavens, “You are my beloved Son; with you I am well pleased.”- Mark 1:11

1. The sacraments are an encounter with the divine presence as Jesus as our Physician. Have you ever had an experience of awareness of Jesus’ presence when you received a sacrament? How can you increase your awareness of His presence in the sacraments?
2. When Adam and Eve sinned, brokenness entered the world. But the sacraments are God’s remedy to put things back together. What areas of your life do you want God to put back together?
3. The Eucharist is capable of healing us in every degree, but we don’t always approach it with this expectation or with any anticipation of healing. How can you increase your sense of awe and of expectation when you encounter the real presence of Jesus in the Eucharist?
4. Because of our baptism, we are no longer orphans and are no longer separated from God. Instead, we become a beloved son or daughter of God. Even though this identity as a beloved son or daughter should be deeply ingrained in each of us, this isn’t always the case. Do you struggle with accepting that you are a beloved son or daughter of God? Ask Jesus to heal places in your heart that don’t know you are a beloved son or daughter of God.