

The Pray More Advent Retreat Study Guide

Awaken the Saint Within You Part II with John Kinuthia

Reflective Questions

“So be perfect, just as your Heavenly Father is perfect.” -
Matthew 5:48

1. John Kinuthia discusses the importance of recognizing that we are created in the image and likeness of God. How can you work to foster a deeper awareness within yourself that you are created in the image and likeness of God?
2. Though we are all created in the image and likeness of God, each of us often falls short of what He is calling us to do. But when we sin, we can acknowledge our sinfulness and seek forgiveness through the sacrament of Penance. How can you utilize the gift of the Sacrament of Penance more fully in your life?
3. A spirit of gratitude is important for our journey to holiness. This thankfulness to God for His blessings can help us as we try to share the Good News with others in our lives. How can you try to foster a deeper spirit gratitude to God in your life?
4. John Kinuthia speaks of St. Jose Maria Escriva’s idea that all we do can be offered to God and sanctified, so that every part of our daily life becomes a prayer. What aspects of your daily life can you strive to offer to God as a prayer each day?