

The Pray More Advent Retreat Study Guide

Cooperating with God's Will with Stacey Sumereau

Reflective Questions

“And Mary said, ‘Behold, the handmaid of the Lord; may it be done unto me according to thy word.’ And the angel departed from her.”

- Luke 1:38

1. In this talk we learned more about the text from Luke when the angel Gabriel came to the Blessed Mother and invited her to be the Mother of God. Stacey explains that in order for the angel to come to Mary, her heart would need to be ready to receive him. With that in mind, if God sent an angel to you, would you be ready to receive him? If you were the Blessed Virgin Mary, how would you respond? If you don't think you would respond like Mary did, then it's a good opportunity to pray about.
2. Mary was greatly troubled by Gabriel's greeting which is understandable because of the life-changing news she received when Gabriel told her she would be the Mother of God. Stacey describes a stressful moment in her life that led her to pray to God because she didn't know what would happen. She explains that Mary is a great model for us in times of crisis because she listens, like she listened to the angel Gabriel. She is scared but she doesn't run away. Have you had a time in your life when you found yourself praying to God asking for Him to be with you? A time when you were scared and wanted to run away? In moments like these, look to Mary as an example and for guidance.
3. Stacey mentions Imposter Syndrome, that Mary probably thought to herself, “Why me? Why was I chosen?”. Imposter Syndrome can make you think that you have nothing to offer the world. That everything has already be done before and you might as well not even try. But God intentionally choses people who are not powerful. This Advent, think of something that you have felt called to do and do it. Do not wait until tomorrow, just build the first block and see what God has in store for you.

4. Stacey describes some of her spiritual journey and describes the prayer for surrendering she prays every day. This Advent, take some time in prayer to surrender yourself to God and imagine putting yourself into God's hands. This can open yourself up to receiving guidance from God in your life the way that Mary did when Gabriel came to her and she said, "Yes".