The Pray More Advent Retreat Study Guide

Embracing Vulnerability to Overcome Pain with Katie Sciba

Reflective Questions

"Hope is the power of being cheerful in circumstances that we know to be desperate." - G.K. Chesterton.

1. Katie explains that God wants to make you a saint through the difficulties in your life. That, often, it is through our pain that the Lord achieves sainthood within us. With that in mind, what is the hardest or most painful part of your life?

2. Have you ever utilized coping mechanisms to try to get through or forget pain or difficulty? How did that effect your relationship with God? How did that effect the issue at hand?

3. Katie mentions the need to be vulnerable with God about our deepest, most difficult aspects of our our lives. She said with time, prayer and openness with the Lord, He will guide you though it all. Have you ever been that vulnerable with God? Have you had an experience of being guided by the Lord? If so, what as it?

4. Mary had an accepting and vulnerable disposition throughout all of her life. She essentially said, "So be it" in the face of difficult circumstances. During Advent, in preparation of the coming of the Lord, challenge yourself to be both accepting and vulnerable like Mary. In the face of painful or difficult situations try to remember Mary's approach and say, "So be it" and know that even if we are enduring painful wounds right now, that Jesus still carries us.