

The Pray More Advent Retreat Study Guide

Trading Busyness for the Calm of Christ with Katie Sciba

Reflective Questions

“It’s not enough to be busy. So are the ants.
The question is, what are we busy about?”
- Henry David Thoreau

1. After being so busy getting ready for Christmas, have you ever felt underwhelmed on Christmas day? Have you ever felt spiritually dissatisfied by the time Christmas arrives? Why was that? Katie shares that she has felt underwhelmed on Christmas because she had not prepared her heart for Christmas. Can you relate?
2. To combat the busyness and spiritual dissatisfaction that we can so easily experience during Advent, leading up to Christmas, let’s prepare our hearts for Christmas. What is something that you have done in the past to ready your heart for Christmas?
3. Is there anything in particular that gets in the way of your peace and sense of calm during Advent? If so, what is it? What can you do about it?
4. Katie explains that when we seek Jesus, there is peace in our hearts. So, wherever you are in your prayer life, challenge yourself to take it one step up. For example, you could add some prayer time to your day, go to daily mass, fast or incorporate some other devotional to your day.