

The Pray More Lent Retreat Study Guide

Getting to Know Jesus Better This Lent with Emily Stimpson-Chapman

Reflective Questions

“I am the way and the truth and the life. No one comes to the Father except through me.” John 14:6

1. We often think of Lent as a season of repentance, a time to turn away from sin. What are some troublesome areas of sin in your life that you can focus on repenting from this Lent?
2. True repentance requires that we turn away from sin and more fully toward God. How can you try to increase this focus of turning toward God this Lent?
3. The Church has traditionally emphasized that we should practice prayer, fasting, and almsgiving during Lent, and the saints tell us that these practices are spiritually helpful to us. In addition to the ideas Emily mentioned, what are some other ways that you can work to make your prayer, fasting, and almsgiving spiritually fruitful this Lent?