

# **The Pray More Lent Retreat Study Guide**

## **Hope in a Faithful God with Ashley Stevens**

### **Reflective Questions**

“Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience turns a very short time into a long one.”

- St. Teresa of Avila

1. Ashley explains that the Catechism of the Catholic Church describes hope as a buoy that can keep us afloat. Have you ever been buoyed by hope before? How do you define hope?
2. There are many things in life that can get in the way of hope in the Lord. Such as: uncertainty, fear and doubt. What, in your life, gets in the way of your hope in the Lord?
3. The study from Cornell that Ashley mentions is interesting and also a universal experience for everyone. When biking into the wind, it is difficult and it is hard to think of anything other than how hard it is to bike into the wind. When biking with the wind to your back, you notice and are thankful for the wind helping you along but you quickly forget about the helpful wind and your gratitude and notice other things that make riding the bike difficult. Right now, challenge yourself to practice gratitude. Write out a list of three things that you are grateful for this week. See if you can continue to be thankful for those things and, perhaps, even notice even more things to be grateful for.
4. How have you seen God's love this week? During this Lenten season, try to look for the ways that God loves you.