

The Pray More Lent Retreat Study Guide

Trusting in God's Love with Ashley Stevens

Reflective Questions

“To love God is something greater than to know Him”

- St. Thomas Aquinas

1. Ashley reflects on Jesus' time in the garden of Gethsemane on the eve of his Passion. She remarks on how remarkable it is that Jesus took his fear of his coming suffering and death to God in prayer and asked him to not allow it to happen and not my will but, “Your will be done”. Has there been a time when you have, in smaller ways, given your fear to God in prayer as Jesus did?
2. This Lent, consider how you can lay your suffering at God's feet as Jesus did through prayer, penance or through the sacraments. We are not perfect like Jesus but even Jesus submitted his will to God when he was scared. He modeled what we should do when we don't know what our next step should be — give it all to God.
3. Is there someone in your life who is suffering, afraid of the next step or big decision that God is calling them to? If so, consider praying for that person, that God will assist them and come to their aid.
4. Where do you see God's love in your life? Do you see God's love through scripture, family, friends, the mass, sacraments or prayer? If you haven't seen God's love in your life in those difficult moments, ask God to show His love for you.