

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

## **Littleness & Surrender with Heather Khym**

### **Reflective Questions**

“If our treasure is in God, no one can take it from us. Humility is truth. I am what I am in God’s eyes: a poor child who possesses absolutely nothing, who receives everything, infinitely loved and totally free. I have received everything in advance from the freely bestowed love of my Father, who said to me definitively: “All that is mine is yours.”  
— Jacques Philippe

1. Jesus shows us in many ways that we are meant to be dependent on the Father — and that this is a good thing. How have you been dependent on God? Have there been times when you’ve fought that dependency and preferred to go it alone, to do things more independently — and if so, what can you learn from that experience about God and your relationship with Him?
2. How can you and your faith be more childlike? How can you become little with the Lord?
3. Two lies that can be a real struggle to overcome are that God is distant and that He doesn’t really care about us. When we struggle with these thoughts, we can always look to Jesus — at His Passion, His death and Resurrection, to remember His love for us. It’s also helpful to look back and remember past times when God has shown up for you in your life: when was that, what was that like, what did He do for you then? What do you think He wants you to know now when you look back at that moment?
4. Heather shares that there was a period of time in her life where she sort of took on the role of God in her life, taking everything on her shoulders. This is a common struggle. Have you ever found yourself relying more on

yourself and less on Him? In those moments, how do you wish you could have relied more on the Lord? How would things have looked or felt differently if you did? How was He really helping you then, even though you might not have known it at the time?

5. Jesus can't be our savior if we do not admit our weaknesses and our need for Him. How do you bring your needs and weaknesses to the Lord?

6. There are so many things we try to fix ourselves, and it's good that we put in that effort, but we have to be open to His grace. We need to cooperate with His power. We have to surrender to Him. This is when things can change. How can you surrender more to Him in this season of your life?