

The Pray More Healing Retreat Study Guide

Living the Paschal Mystery: Following Jesus to the Resurrection with Heather Khym

Reflective Questions

"Follow Jesus Christ who is the source of freedom and light. Be open to the Lord so that He may lighten all your ways." — St. John Paul II

1. Heather explained a time when she heard Jesus tell her the only way to experience new life is through the cross. That is the path that Jesus walked. Have you ever experienced a transformation or a renewal in your life after a particularly difficult time? Have you ever seen new life spring forth from a cross in your life, from pain? What about in the life of others that you know, people you are close to?
2. We must invite Jesus into the places of our lives that are dark and difficult if we want Him to work in these areas and to bring about something new and good. Are you open to God working in this area of your life? Are you willing to share with Him the pain that you've experienced, to lay it at His feet? What stops you from sharing your pain with Him in prayer?
3. Jesus is personal, He is kind and He is gentle. Is this the image of Him that you carry in prayer? How do you experience His presence in your life? If you struggle with this question or with this part of His identity, how can you get to know Him better in this way?
4. Jesus wants to go back into the places of our past — places of suffering, of sin, of falling — and He wants to bring His presence there. What memories of yours need healing? What might it look like to invite Jesus into those places in prayer right now? Can you imagine what He wants to do in this space of your heart, with this memory?