

The Pray More Healing Retreat Study Guide

Reclaiming Our Stolen Identity with Dr. Mary Healy

Reflective Questions

“For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, “Abba, Father!” The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.” —
Romans 8:15 - 17

1. The devil likes to sow doubt about our identities. Dr. Mary gave us a great example of when he did this to Jesus in the desert. How did Jesus respond? What can we take away from that about how we should respond when doubtful thoughts creep into our own minds?
2. The evil one tries to tempt us into believing our identity rests in what we do rather than who we are, as beloved sons and daughters of the Lord. When have you felt tempted to believe that, that your identity was based purely off of what you do at any given time, or on what others think of you?
3. How can you root your identity more in the Lord? What does that mean to you and how can you live that out?