

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

## **The Fundamental Theory of Happiness, Part I with Dominick Albano**

### **Reflective Questions**

“It is Jesus in fact that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provokes you with that thirst for fullness that will not let you settle for compromise; it is He who urges you to shed the masks of a false life; it is He who reads in your hearts your most genuine choices, the choices that others try to stifle. It is Jesus who stirs in you the desire to do something great with your lives, the will to follow an ideal, the refusal to allow yourselves to be grounded down by mediocrity, the courage to commit yourselves humbly and patiently to improving yourselves and society, making the world more human and more fraternal.” — St. John Paul II

1. How are the suggestions that Dominick laid out in today's talk different than what you've done in the past to pursue happiness?
2. Dominick mentions that we can often believe the lie that if \_\_\_\_\_ happens, we'll finally be happy. What has been something that has filled in that blank for you -- something that you thought would help you to be happier, but didn't?
3. Dominick recommends a daily act of self sacrifice that reminds you that you were made for more than comfort. What's one thing you can do today or this week?

4. We need silence and solitude to hear God, to think and listen. When we can do that, we can get closer to seeing the world the way God sees it. When can you incorporate more silence and solitude into your daily or weekly life?