

The Pray More Healing Retreat Study Guide

The Fundamental Theory of Happiness, Part II with Dominick Albano

Reflective Questions

“Let us love, since that is what our hearts were made for.” — Saint Therese of Lisieux

1. The more permanent something is, the more it has to do with who you are and what God made you for. Dominick shared a story of how he felt very certain of his purpose when he became a father. “I was made for this.” Have you ever had that experience? If you haven't, how might you discover what that purpose might be through Scripture and the Sacraments as Dominick suggested?
2. Ultimately, our purpose is to love. How are you being called to love those closest to you during this season? How are you intentional about loving others around you, about loving God?
3. The saints were really good at taking care of themselves, emotionally and intellectually, physically and spiritually. They understood the idea that by loving themselves very well, they'd be better able to love others. How are you doing at taking care of yourself right now? Have you noticed instances before where you were not able to care for others because you, yourself, were not taken care of? How do you think God might like you to take better care of yourself?
4. What are some ways you can show God that you love Him?
5. Have you ever prayed a daily morning offering or daily affirmation as Dominick suggested? What's an affirmative prayer that resonates with you right now that you can say briefly every morning?