

The Pray More Advent Retreat Study Guide

How to Pray: Lectio Divina with Tim Glemkowski

Reflective Questions

“All Scripture is inspired by God and is useful for teaching, for refutation, for correction, and for training in righteousness.”– 2 Tim. 3:16

1. Tim points out that many people view prayer as something that is unstructured and to which they simply show up. Do you ever view prayer like this? How might trying to give your prayer time a structure help you grow closer to God?
2. Prayer gives us the opportunity to connect with God, but it also allows God the chance to transform us. How do you think God might be trying to change you through prayer?
3. God wants us to rest with Him in prayer, but many of us are very active in our prayer time. Do you ever find your mind overly active during prayer? How might working to achieve rest with God in prayer improve your prayer time?