

The Pray More Lenten Retreat Study Guide

Committing to Lent with Fr. Tom Pringle

Reflective Questions

"One does not live on bread alone, but on every word that comes forth from the mouth of God." - Mt 4:4b

1. Fr. Tom Pringle asks us to consider four things this Lent beginning with identifying where we are: mentally, emotionally and spiritually right now. Check-in with yourself right now: how have you been doing this last year? Where are you struggling? The Lord meets us where we are. How would you like Him to enter into your heart and mind through the circumstances you've been struggling with?
2. How can we use this Lenten Season and all that is on our hearts and minds to draw us deeper to the Lord?
3. Fr. Tom suggests considering what we may need to surrender or to let go of this Lent. What might those things look like in your life? What would your faith and life look like if you were able to truly let go of those things?
4. Take a minute to sit with the name of Jesus, His mercy and our sinfulness. Bring to Him in prayer each thing that you desire to surrender, praying the Jesus prayer: "Lord Jesus Christ, Son of God, have mercy on me a sinner." As you do, imagine that the Lord is helping you to unclench your hands, letting go of those things you desire to surrender. What might the Lord desire to place in your hands instead? What might He desire to give to you once you're able to let go?
5. God will always be with you. He promises to never leave you. His love for you is abundant and unchanging. Consider where and how you may have struggled to accept and believe this. How can you renew your faith this Lent? How can you try to trust in His love and His presence?