

The Pray More Lenten Retreat Study Guide

“Do You Want to Be Well?": Responding to the Lord with Allison Gingras

Reflective Questions

“When Jesus saw him lying there and knew that he had been ill for a long time, He said to him, ‘Do you want to be well?’” John 5:6

1. Allison talks about the story of Jesus healing the man at the pool in Bethesda. Have you ever thought about Jesus asking you the question, “Do you want to be well?” In what areas of your life do you most need to be healed?
2. The man at the pool in Bethesda had been relying entirely on others in his hope of healing for many years. Do you ever fall into this pattern in your own life? Who or what else have you allowed your wellness to depend upon?
3. Allison speaks about her journey of faith and the various ways she was attempting to grow in her faith, such as prayer and spiritual reading. What means have you relied on in the past as you’ve tried to grow in your relationship with God?
4. There can be an element missing in our search for wellness and wholeness in the Lord until we allow God to love us. Have you ever asked the Holy Spirit to open your heart to God’s love? How can you work on increasing your openness to God’s love?