

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

## **Guided Prayer: A Meditation on the Wounds of Christ with Beth Davis**

### **Reflective Questions**

“He was pierced for our sins, crushed for our iniquity.” –  
Is. 53:5

1. In the meditation Beth reads, the Wound in Jesus’ right hand is a refuge from the sins of disobedience and self-will. This Wound is a refuge for when we are tempted to take the easy or broad path. In what areas of your life do you tend toward self-will, toward taking the easy path?
2. The Wound in Jesus’ left hand is a refuge from sins selfishness. We can flee to this Wound as a refuge when we are tempted to direct things inordinately towards ourselves. In what areas of your life have you been selfish or self-seeking?
3. The Wound in Jesus’ right foot is a refuge from sins of inconstancy, a refuge in temptations to waver in our resolutions. In what areas of your life do you struggle with inconstancy? Have you had trouble in the past with staying firm in your resolutions?
4. The Wound in Jesus’ left foot is a refuge from sins of sloth and lethargy. We can go to this Wound for refuge when we are tempted to despair or discouragement in our lives. In what area of your life to you struggle most with the temptation of despair or discouragement?
5. The Wound in Jesus’ side is a refuge from the fleshly deceit that promising sweetness but gives us bitterness instead. We can flee to this Wound when we are tempted to look for love in creatures before God. In what areas of your life have you struggled with seeking created things over God?