

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

## **“Lord, I believe. Help my unbelief” with Allison Gingras**

### **Reflective Questions**

“Then the boy’s father cried out, ‘I do believe, help my unbelief!’” Mark 9:24

1. Allison talks about how there can sometimes be a disconnect between what our heads know and what we struggle to truly believe in our hearts. Has this ever happened to you? In what areas of your faith life do you most often encounter this problem?
2. Though we might experience consolation in prayer at times, most of us go through periods of dryness in our prayer lives. How do you feel and act when you go through periods of dryness in prayer?
3. Allison suggests that, in order to be more firmly rooted in Christ, it can be a good idea to research and experiment with different types of devotions. What kinds of devotions tend to be fruitful for you?
4. Another good way to grow more constant in our prayer lives is to connect with others and find people who can keep us accountable. Have you ever tried accountability with others in your faith life? What are some ways you make use of accountability in your life right now to grow in your faith?