

The Pray More Lenten Retreat Study Guide

Prayer, Penance, and Almsgiving with Jon Leonetti

Reflective Questions

“And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’” Matthew 25:40

1. Jon emphasizes the importance of prayer as the foundation for living the Christian life. What does your prayer life typically look like at this point in your life? Where do you see room for improvement?
2. Establishing a strong prayer life and relationship with God is less about discovering where we can fit God into our day and more about discerning how God wants us to connect with Him. How might God be calling you to connect with Him more deeply this Lent?
3. Practices of penance, both during Lent and at all points in our lives, should have the goal of helping us let go of things that are interfering in our relationship with God or our pursuit of virtue. What are some areas in your life where you should consider working on sacrifice for the sake of holiness?
4. Jon says that almsgiving is a practical way in which we can live out the surge of the heart that prayer is. How can you work on entering into almsgiving more deeply, so that it becomes a way to live out your love for God?