

The Pray More Lenten Retreat Study Guide

Renewing & Healing Our Relationship with God with Allison Gingras

Reflective Questions

“Many of the Samaritans of that town came to believe in Him because of the word of the woman who testified, ‘He told me everything I have done.’” John 4: 39

1. Allison talks about her tendency to sometimes tell God how He should answer her prayers, even though He actually knows what we need more than we do ourselves. Have you ever noticed yourself giving God directions like this? How has God surprised you in answering your prayers in the past?
2. Often, God uses suffering or trials in our lives to help us grow in our relationship with Him in unexpected ways, as He did for Allison in her struggles with eczema. How has God used sufferings to help you grow in your life?
3. To have a strong relationship with God, we must do more than simply attend Mass each Sunday. We must make time to pray and connect with God every day. How can you make a stronger effort to connect with God every day in your life?
4. We can inspire others to come to a deeper relationship with God through our own testimony of what God has done for us, much like the woman at the well did. What has God done for you that you can share with others?