

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

## **Sitting in Silence with the Lord with Fr. Tom Pringle**

### **Reflective Questions**

"The fruit of silence is Prayer, the fruit of prayer is Faith, the fruit of faith is Love, the fruit of love is Service, the fruit of service is Peace". - Mother Teresa

1. Now that we're a few weeks into Lent, check-in: how are your sacrifices going? How is your prayer life right now? Have you seen any fruit from detaching from certain things?
2. Fr. Tom encourages us to look at the root of our habitual sins and to ask why we continuously commit that particular sin. When did that sin enter our lives, when did it become a habit? When you are tempted, how can you call on the Lord and make a different choice?
3. When was the last time that you sat in silence and listened for the voice of the Lord? What do you think He might want to communicate to you if you were to give Him that silence and that time to speak?
4. Is there someone in your life you need to forgive? How can you take small steps towards forgiving them? What would your life look like and how would you feel if you were able to fully forgive them?
5. The best way that we can evangelize and show others the goodness of God is by being deeply faithful in how we live. What do you want others to know about the Lord and the Faith by witnessing how you live your life? How do you want others to feel after they encounter you and have a conversation with you?
6. What does God desire to do through you? Have you asked this question in prayer? What comes to mind right now?