

The Pray More Healing Retreat Study Guide

Handling Our Doubts with Karen May

Reflective Questions

“We know that all things work for good for those who love God, who are called according to his purpose.”

- Romans 8:28

1. Karen mentioned that in St. Ignatius's process of discernment, he taught that we should ask ourselves whether something helps us to grow in faith, hope and love, and that if it does, then it's a pretty good sign we're on the right track. What are some things you've discerned in the past and what helped you to ultimately make a decision about moving forward with one choice or another? Is there something you're discerning right now? How can St. Ignatius' advice help you to weigh your options?
2. The story of how St. Ignatius was brought into a deeper relationship with God while he was recuperating from his leg injury is a beautiful reminder of how our weaknesses can also bring us closer to the Lord, if we allow them. Has this ever happened with you? What can you takeaway from this story that can lead you closer to God?
3. Saint Ignatius is known for his process of discernment and particularly recognizing the difference between seasons of consolation and desolation. Things that are a consolation are things that help us grow in faith, hope, love and peace. What sort of consolations have you experienced lately?
4. Karen mentioned that sometimes we might not see something the way that the Lord wants us to, and in that situation, we can turn to Him in prayer and ask, “How do you want me to see this? I want to understand this in the way that You want me to.” She reminds us that it's okay to really press in to our doubts and ask the Lord to show us the light and truth in these challenges, and to consider them as an opportunity to continue to grow in relationship with Him. How might

the doubts you're experiencing right now be an invitation to talk more about this topic with the Lord?