The Pray More Healing Retreat Study Guide

Healing from Habitual Sin
With Jake Khym

Reflective Questions

"[Y]ou should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds," Eph. 4:22-23

1. Jake explains that people need certain things in order to thrive, according to their nature: physical sustenance, emotional fulfillment, and spiritual nourishment. Which of these categories of needs do you tend to focus on most in your daily life? How can you increase your focus on your spiritual needs?

2. One of the first things we must do to begin healing from habitual sin is to accept reality. In what areas of sin might you need to grow most in honesty and acceptance of reality?

3. In order to heal from habitual sin, we also need grace. We can gain grace by asking God for it and through the sacraments, especially Mass and Confession. What can you do to gain more grace in your life on a regular basis?

4. Habitual sin can often be caused by past experiences in our lives that have led us to believe and feel that we cannot trust God to make us happy. What wounds in your past might be contributing to how much you trust God and to sin stemming from a lack of trust in God?