

The Pray More Healing Retreat Study Guide

Praying Through Lectio Divina with Fr. Steven Borello

Reflective Questions

“Do not fear, for I have redeemed you; I have called you by name: you are mine.” Is. 43:1

1. Father Steven says that the quality of prayer doesn't depend on all of the effort we put into it, but that prayer is all about God's work in our lives. Do you ever fall into the trap of thinking that prayer is all about your effort? How can you grow in giving God permission to work in your life?
2. God wants to use every experience in our lives for our good. How can knowledge of this change the way you think and feel about difficult or painful experiences in your past?
3. God waits for us to bring everything in our lives to Him in prayer. What experiences, feelings, or difficulties can you bring to Him in prayer? How might bringing this to Him help your relationship with Him to grow?
4. Father Steven describes the steps we should take to pray well, including finding a space that is conducive to prayer, asking for the grace to be aware of God's presence, and pausing to ask the Lord how He sees us right now. How can you work on setting aside purposeful, consistent time for connection with God in your life?