

The Pray More Healing Retreat Study Guide

The Gift of St. Therese & Her Weakness With Jake Khym

Reflective Questions

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” Mt. 5:3

1. Jake discusses the idea that St. Therese accepted and welcomed her poverty as a grace, rather than viewing it as a handicap or an obstacle. What struggles or sufferings in your life can you strive to accept as a grace?
2. During our journey to healing, we often seek to simply get away from things we are struggling with, rather than viewing our struggles as things that can lead us closer to God. Do you seek to merely escape from your struggles? What do you think would happen if these struggles went away quickly and easily for you?
3. As we work on accepting our weaknesses as gifts that can bring us closer to God, it is important to notice our beliefs and what we are telling ourselves. What do you tell yourself when you encounter adversity? Are the things you tell yourself coming from a place of trust and love, or from a place that says you are not good enough?
4. On the journey toward accepting our weaknesses as gifts, we also need to pay attention to our emotions. Our emotions can be very powerful, able to pull us toward shame or feeling like we can never be loved. But our emotions can also bring us toward the truth and toward intimacy with God. What emotions do you tend to feel when you encounter adversity?