

The Pray More Advent Retreat Study Guide

Imitating Mary: Living in the Heart of the Trinity with Kitty Cleveland

Reflective Questions

“For if there is one God of the universe, the Father of Christ, ‘of whom are all things;’ and one Lord Jesus Christ, our [Lord], ‘by whom are all things;’ and also one Holy Spirit, who wrought in Moses, and in the prophets and apostles.” – Ignatius of Antioch

1. The Holy Trinity played an integral role in Mary’s life, and it’s important that the Father, the Son, and the Holy Spirit play an important role in our lives as well. How can you cultivate a relationship with each one? What is one way you can strengthen your relationship with each? How do you think your prayer life will increase when your relationship improves?

2. Kitty talks about the parable of the Prodigal Son, saying we have all been that son who has walked away from God at some point. Can you identify a time in your life when you were distant from God? What happened? And what happened to bring you back? How did you feel upon your return and upon knowing that, in His infinite mercy, God was waiting with open arms?

3. Kitty encourages us to parent Jesus, just as Mary did. She said we do this in two ways—by consoling Jesus and by helping others, for by doing good for others, we are actually doing for Jesus. Further, we must come to understand His pain and ask, through prayer, how we can serve Him. How do you think this simple prayer will strengthen your prayer life? What are some things that you could do right now to serve Jesus? What can you do today to console Him?

4. Kitty also talks about becoming a spouse to the Holy Spirit and “birthing” Jesus into the world. That means we become His hands and feet and shine His light to others. What does this look like in your daily life? What are some things you can do to be the hands and feet of Jesus?

5. Kitty encourages us to write “From today on, my own will does not exist.” We are then to cross it off and write “From today on, I do the will of God

everywhere, always, and in everything.” Why is it important to understand that God’s will supersedes your own? How will you do the will of God today? How will that change your actions?