

# **The Pray More Advent Retreat Study Guide**

## **Praying Through Praise With Ryan O'Hara**

### **Reflective Questions**

“Give praise for his mighty deeds, praise him for his great majesty.” Ps. 150:2

1. Praising God can help our spiritual life in many ways. One of these ways is its ability to fight against the devil. How might a weapon to fight against the devil help in your life right now?
2. Another way praising God can help us is that it can strengthen our hope when our lives feel heavy. What areas of your life feel heavy right now?
3. Praising God in our prayer can help us to grow in our confidence in God. Do you ever struggle with feeling a lack of confidence of God? How might increased confidence in God help you to grow spiritually?
4. Praise of God can also help us to grow in humility. Have you ever struggled with humility? How might growth in true humility help you in your spiritual life?