The Pray More Advent Retreat Study Guide

Primacy of the Interior Life, Part II
With Dr. Edward Sri

Reflective Questions

“Then he told them a parable about the necessity for them to pray always without becoming weary.” Lk. 18: 1

1. Dr. Sri discusses how a strong interior life helps us to gain more spiritual fruit from the sacraments and other devotions. Which devotional practices do you tend to gravitate toward most often? How fruitful do these tend to be in your life?

2. Our faithfulness to prayer is much more important than the good feelings or other benefits we can get out of prayer. How can you work on being more faithful to prayer in your life even when you are in periods of dryness?

3. God often works in us most during times when we feel little or no consolations from Him in prayer. How can knowing that God is working in you help you to persevere through spiritual dryness?

4. It can seem very difficult to fit in quiet time for mental prayer each day, but Dr. Sri suggests trying to be flexible and creative to make this time in your life. How can you work on being flexible but faithful to prayer in your daily life?