The Pray More Advent Retreat Study Guide

Seeking and Receiving Peace with Kitty Cleveland

Reflective Questions

"Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid." – John 14:27

1. Kitty read an excerpt from a reflection booklet that said: "If you love God, the devil will try to disturb your peace, and God will help to restore it." When have you found that the devil tries to disturb your peace? What do you do to combat this? Can you remember a time when God helped restore your peace?

2. Kitty says that we lose our sense of peace because we try to do things on our own and without God. We need God to regain that sense of peace. Why do you suppose it's so hard to surrender to God? How can you work today and every day to surrender to Him and to feel at peace with His will?

3. Prayer free of distraction is such an integral part of finding peace in Christ. How do you pray for peace in your life? Do you go to Adoration? Do you say the Rosary? Do you have a quiet place in your home? Why do you think it's necessary to pray in a place where there are no distractions?

4. Kitty mentions a song that is derived from the Peace Prayer of St. Francis. This prayer asks God to make us an instrument of peace, creating love out of hatred, hope out of despair, joy out of sadness, and more. How will this kind of prayer help you become closer to God? If you pray this prayer daily, what kind of changes do you think you would see in your life?

5. Kitty told us about her father's wrongful conviction and prison sentence and how he felt at peace once he finally surrendered his circumstances to God. We all face trials and difficult times. What adversity are you facing now? How can your surrender to God help you through this?