

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

## **Hearing the Lord's Voice In Your Life With Emily Jaminet**

### **Reflective Questions**

“Today if you hear His voice, do not harden your hearts,  
as when they provoked me.” Hebrews 3:15

1. In this talk, Emily shares the need to give your burdens to Jesus through prayer. It's common to find yourself carrying the weight of your difficulties all alone causing you to harden your heart to the heart of Jesus. Emily suggests praying in those times that you are overwhelmed, busy or struggling. If you are carrying a burden, no matter how heavy or how light, turn to Jesus in prayer and ask for him to take care of everything and see what happens. Have you felt your heart becoming hardened in the past? What can you do now to soften it towards the Lord?
2. When do you encounter silence? When do you encounter the Lord in silence? Emily wakes up early to have quiet time before the beginning of the day to pray. How can you make more time for silent prayer with God?
3. Are you running on empty? So many of us are running on empty. Prayer is meant to fill us up. Without prayer, we empty out. What prayer or devotion helps fill you up?
4. Who are you praying for recently? Do you have a prayer intention list? If not, go ahead and make one. Try to keep track of the prayers that have been answered. It will be amazing to see the work of God in real life!
5. Emily suggests weaving prayer throughout your life by assigning certain prayers to certain activities. What are some prayers that you could say while doing various tasks throughout your day? What prayers would you like to pray more often?