

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

## **How God Remains in All Things With Mary Lenaburg**

### **Reflective Questions**

“Do not love the world or the things in the world. The love of the Father is not in those who love the world; for all that is in the world — the desire of the flesh, the desire of the eyes, the pride in riches — comes not from the Father but from the world. And the world and its desire are passing away, but those who do the will of God live forever.” 1 John 2:15-17

1. There are times in our life of spiritual dryness, of personal distress where we feel separated from God. Mary reassures us that we are not alone even if prayers go unanswered or things don't turn out the way that we had expected. Have you ever had this experience when you are praying to God for help and you don't hear Him? How do you turn to God in moments of fear, trauma or grief?
2. Have you ever had an experience when God has remained with you in an unexpected way or in a way that you didn't imagine or anticipate? If so, what was it?
3. “Yet the world and its enticement are passing away. But whoever does the will of God remains forever.” (1 John 2:17). What does this line from Scripture mean in the context of your life and struggles these days?
4. Write down the five steps that Mary shares with us and put them somewhere handy for regular reflection. Which of these do you need to do more of regularly?
  1. Believe in and acknowledge who God is.
  2. Keep your eyes on Jesus and not on your current circumstances.
  3. Talk to God every day through prayer and read scripture.

4. Don't deny your feelings of distress, loneliness and conflict. Know that emotions drive you to action. Have that action result in something fruitful for your soul like the sacraments, adoration, prayer, visiting a friend etc.
5. Remember what God has done for you. When we remember the truth of who God is and the miracles He has worked in our life our feelings and emotions are transformed.