

The Pray More Lenten Retreat Study Guide

How Jesus' Love Can Transform Your Heart With Emily Jaminet

Reflective Questions

“And he answered, ‘You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.’” - Luke 10:27

1. Have you ever felt, like Emily describes, that you are trying to give what you don't have? Do you rely on your own strength from time to time instead of relying on God's love? What would it look like if you relied more on Him — what circumstances or feelings would change?
2. Emily suggests going to confession and having a spiritual friendship with someone that helps you experience the love and hope of the Sacred Heart of Jesus. Do you have a friend or acquaintance who seems to recognize the love of God well in their life? How can you do that more in your own life?
3. Reflect on a time when hope was an anchor in your life. Did you put your hope in God? How has hope in the Lord been an “anchor” or grounding force in difficult times in your life?
4. Take a moment to reflect over and pray this prayer Emily shared:

“O most holy Heart of Jesus, fountain of every blessing, I adore You, I love You, and with a lively sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Your will. Grant, good Jesus, that I may live in

You and for You. Protect me in the midst of danger; comfort me in my afflictions. Give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death. Amen.” (Sacred Heart Prayer)