

# The Pray More Lent Retreat Study Guide

## Lenten Practices with Karen May

### Reflection Questions

“So too, you also must be prepared, for at an hour you do not expect, the Son of Man will come.” – Matthew 24:44

1. Are the things you’re doing for Lent mere practices, or are they preparation? As Karen said, the actions we take and the lessons we learn should prepare us for eternal life and should help us grow closer to God. What kinds of things can you do this Lenten season to prepare you for an eternity with God?
2. How is your prayer different during Lent? Have you ever asked God: *What do You want me to do?* And do you listen for a response from Him? How can the actions you take express your love for God?
3. Are you fasting this Lent? As Karen said, when she fasted, she prayed for those who had little or no food. Fasting also reminded her to increase her generosity toward others who are in need. What can you do for others this Lent? How can fasting help you see and fulfill a need that someone else may have?
4. What are some things that get in the way of your relationship with God? How can you spend time during Lent (and then after) in an attempt to decrease or eliminate these distractions? Choose two or three things that you would like to change about yourself or your behaviors. Pray that God will guide you as you work toward building a stronger relationship with Him.
5. What does it mean to sacrifice? Why is sacrificing important, and how can it help us grow spiritually and get closer to God? What are some things you can sacrifice so that you can grow closer to God?