

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

## **The Message of Divine Mercy With Emily Jaminet**

### **Reflective Questions**

**“Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.” -Concluding Prayer of the Divine Mercy Chaplet**

1. Have you ever heard of St. Faustina and the Divine Mercy image or chaplet prayers? If not, look up the image and the chaplet which can be found on the USCCB website. Take a moment to reflect on the image of Jesus and pray the chaplet prayers. Then: what moves you most about what Jesus's Divine Mercy means for you?
2. Emily gave us St. Faustina's formula for Divine Mercy: deeds + works + prayer = Divine Mercy. This Lent, what are some deeds, works and prayers you could do? Which of these do you generally do more of, and which of these three do you do the least of?
3. One of the best things we can do for those in need, for those who are sick and suffering, is to pray for them in their time of need. When have you been moved by others praying for you, and when have you been moved in the experience of praying for someone else? Is there someone who comes to your mind who could use your prayers right now? Consider praying the Divine Mercy Chaplet for them.