

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

## **The Power of a Mother's Prayers With Mary Lenaburg**

### **Reflective Questions**

“Through the fear of the Lord, we rise to piety, from piety then to knowledge, from knowledge we derive strength, from strength counsel, with counsel we move toward understanding, and with intelligence toward wisdom and thus, by the sevenfold grace of the Spirit, there opens to us at the end of the ascent the entrance to the life of Heaven.” - St. Gregory the Great

1. The first aspect of St. Monica and St. Augustine's relationship that Mary describes is St. Monica's patience. Patience is bearing difficulties without interior complaint and using hardships to make progress in the virtue of fortitude. She explains that to have patience in the Catholic sense of the word is to even desire the cross and afflictions out of love of God and to accept them with spiritual joy. When have you had difficulty being patience? What aspect of your life or with what person/s could you show more patience? Have you ever thought of patience as spiritual joy?
2. Next, Mary describe's St. Monica's persistence. Her steadfastness in faith caused her son and her husband both to convert to Christianity after many years of showing up, praying, fasting and writing to people to help her loved ones understand the faith. She turned her patience into action through perseverance. When have you had an experience of perseverance? Was it you who persevered or did someone persevere for you?
3. The last topic that Mary shared is that of piety. St. Monica and St. Augustine were both pious but it took time for them to get there due to their own issues and sins. What is an aspect of your life that you could turn over to God in order to become more pious? What is something you struggle with that needs perseverance to achieve greater piety in your life?

4. St. Augustine and St. Monica's story is a strong reminder for us all that nothing is impossible for God, and that our prayers and perseverance can change our circumstances and situations. In what area of your life do you need this reminder most?