

The Pray More Lent Retreat Study Guide

Walking through Holy Week with Karen May

Reflection Questions

“So shall he startle many nations, kings shall stand speechless; for those who have not been told shall see, those who have not heard shall ponder it.” – Isaiah 52:15

1. How does the Passover meal on Holy Thursday fulfill what happened in the Old Testament on the first Passover? As Karen said, Jesus frees us from slavery, as the Israelites were freed after Passover. How has Christ freed you from slavery? What kinds of things are you a slave to today? How can strengthening your relationship with Christ help free you from these things?
2. Christ is truly present—body, blood, soul, and divinity—in the Eucharist. It is not just a symbol. Why is it important for Catholics to believe this and to stand up for the sanctity of the Eucharist? What are some things you can do to make sure that you always are worthy to receive Christ?
3. Karen talks about Adoration on Holy Thursday and about walking with Christ through the agony He felt toward the strength He received after prayer. Have you ever received strength after praying? If so, what happened? If not, how can you pray more fervently or differently so that you feel stronger?
4. On Good Friday, churches are bare. The tabernacle is open. The altar is stripped. Cloths cover statues and the crucifix. This often evokes feelings of loss and sadness. How does this make you feel? When you do not feel close to God, do you feel like the bare altar? Do you feel stripped of what’s important? During these times, how can you renew your relationship with Christ?
5. Begin to formulate a plan for Holy Week. How will you immerse yourself in it? What services will you attend? How will you make yourself a part of Christ’s final days on earth? What do you think will happen when you take a more active role in Holy Week?

