

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

## **When It's Hard to Be Humble with Karen May**

### **Reflection Questions**

“When pride comes, disgrace comes; but with the humble is wisdom.” – Proverbs 11:2

1. The Church teaches that humility is important for us spiritually, but we must have a humility that allows us to be totally dependent on God. Examine your actions and your image of yourself. Do you glorify God in all you do, or do you take all the credit? What is the difference between pride and pridefulness? What can you do to work toward having greater humility?

2. Many people feel that they have committed so many sins and so often that God won't forgive them. Do you ever feel like God can't forgive the things you've done? Can you try to see yourself through His eyes? He created us out of love, then He died for us out of love. We are worthy of being loved. What changes in your life can you make to live out that love?

3. We all have weaknesses, and God does not want us to focus on them. How has God taken some of your weaknesses and created good from them? Do you remember a time when you saw God's work in your weaknesses? What happened? Now name a time where you saw His goodness through one of your gifts. How does knowing that He can make everything good help you become stronger in your faith?

4. Karen talked a bit about St. Teresa of Calcutta and the love she had for others. How can you model your life after St. Teresa? She saw the face of God in the poor, sick, and dying. How can you use her example as you go about your daily life? What can you do for people who are suffering? How can you make their lives better? How can you be a pencil in the hand of God, like St. Teresa?