

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

## **Discovering Our Self-Worth in Christ With Katie Weiss**

### **Reflective Questions**

**“To pray and love, that is the happiness of man on earth.”**

**St. Jean Marie Baptiste Vianney**

Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe.”

Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, “Peace be with you.” Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet believe.” - John 20: 24-29  
RSVCE

1. This image and scripture are powerful witnesses of Jesus' love for you. His love is free, total, faithful and fruitful. What was your first response to this image?
2. Place yourself in the scene. What is striking you?
3. Do you ever doubt your self-worth? If so, what is an area of your life and heart where you struggle with your self worth? Give this to the Lord. What does He say to you?
4. Jesus is being vulnerable in this image, showing his wounds to His disciples. What area of your life can you be vulnerable with Jesus? Ask Jesus about this, and for His healing.
5. What is something you were praying for in this passage?