The Pray More Healing Retreat Study Guide

Healing as a Result of Prayer
With Katie Weiss

Reflective Questions

"For it is not knowing much, but realizing and relishing things interiorly, that contents and satisfies the soul."
- St. Ignatius of Loyola, The Spiritual Exercises

1. Have you ever heard of Visio Divina? Have you ever prayed with an image or with scripture?
2. Have you ever experienced healing through prayer? If so, how?
3. Think of your favorite religious images. Select a couple of images and scripture passages that you like.
4. Try praying with Visio Divina as Katie explained. Here are the steps for your guided prayer:
    - Step 1: Look at an image. Journal your thoughts. Think about what is happening in the image.
    - Step 2: Meditation. Read God's Word and meditate.
    - Step 3: Prayer. Ask some deeper questions with the Lord.
    - Step 4: Contemplation. Rest in God's Presence.
    - Step 5: Action. How am I going to live out from this time of prayer in a practical way?