

The Pray More Healing Retreat Study Guide

Healing from Fear With Katie Weiss

Reflective Questions

“God speaks in the silence of the heart. Listening is the beginning of prayer.” - St. Teresa of Calcutta

“On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd, they took him with them, just as he was, in the boat. And other boats were with him. And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, “Teacher, do you not care if we perish?” And he awoke and rebuked the wind, and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. He said to them, “Why are you afraid? Have you no faith?” And they were filled with awe, and said to one another, “Who then is this, that even wind and sea obey him?” Mark 4:35-41 RSVCE

1. Place yourself in this image. What struck you about this image and scripture? Why? Take these to prayer.
2. What did this passage show you about deeper areas where you desire to trust God in your life?
3. The disciples could have been either on the shore away from Jesus or in the boat with Jesus during the storm. If given the choice of safety of the shore or the turbulence of the boat, the self-reliance of the shore or the presence of Christ, which would you choose? Can I ask for the grace to be in the boat with Jesus and find His peace and presence, especially in those places of unrest in my heart?
4. Jesus understands the pains and trials of life, the pains of the Passion and of daily life. And yet, in these moments, He remains in total trust in God. How can I model this trust even in the midst of trial and anxiety?
5. How can I live out the fruits of this meditation?