

The Pray More Healing Retreat Study Guide

Healing through Past Memories With Katie Weiss

Reflective Questions

“Without prayer we have neither light nor strength to advance in the way which leads to God.” - St. Alphonsus Maria de Liguori

When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” A second time he said to him, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” And he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go.” (This he said to show by what death he was to glorify God.) And after this he said to him, “Follow me.” - John 21:15-19 RSVCE

1. Place yourself in this image. What is Jesus saying to you?
2. What struck you about this image and scripture? Why?
3. What is inspiring to you about Jesus’ love towards Peter in this moment? Do you relate to this? If so, how?
4. What is something you were praying with in this mystery?
5. Invoke Jesus in a past memory that you feel called to pray through. In this memory, ask Jesus to be present and walk with you and to show you how He sees you and loves you.