

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

## **Restorative Prayer: The Lord's Yoke is Easy, His Burden is Light**

**With Fr. Eric Mah**

### **Reflective Questions**

“Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.” Mt. 11:29

1. Father Eric says that we are in constant need of help and assistance from God, and that we never graduate from being in a constant state of need in relation to God. This is why we need to come to Christ to allow Him to help us in our weariness. In what areas of your life do you feel most weary? How can you work on continually bringing this weariness to Jesus?
2. As we look at the concept of the Lord's yoke, we can realize that the work He calls us to do with Him is the greatest good. We need to learn to say no to lesser goods in order to focus on the few things He wants us to do carefully and well. What lesser goods might God be calling you to let go of accomplishing in your life, in order to make room for His greater work?
3. Though we might think of meekness as something to do with shyness, Father Eric says it actually has nothing to do with social dexterity. Instead, we can think of meekness in relation to the image of a tamed horse. A wild horse loses none of his strength or power when he is tamed or meeked. How can this image help you practice meekness in your life?
4. The story of Jesus rebuking His disciples before calming the storm shows us that we need not be out of a storm in order to find peace. Do you ever fall into the trap of thinking that peace will be available once your circumstances change? How can you work on seeking peace from Christ right now?