

The Pray More Healing Retreat Study Guide

How to Recognize the Lord's Voice in Prayer With Sr. Orienne Pietra René

Reflective Questions

“My sheep hear my voice; I know them, and they follow me.”

John 10:27

1. What has your experience with prayer been like in the past? Does the word “prayer” conjure up positive or negative feelings in your heart?
2. The voice of the Lord never condemns and never contradicts Scripture and Catholic tradition. It also keeps your identity rooted in Christ, not in anything outside of Him. Is your heart mostly tuned to the voice of the Lord or have you struggled to hear His voice over the lies? What is one practical step you can take to reorient your heart toward the voice of God?
3. Sr. Orienne Pietra René says that looking back on your life and seeing the ways in which God has communicated with you in the past can open your eyes to where He might be waiting for you now. Are there moments in your life where you could recognize the Lord, “speaking” with you in some way—whether you heard His voice or He revealed His presence in another way? What did He use to speak to you then? How might He be trying to speak to you right now?
4. God desires for you to give yourself to Him as much as your soul desires to receive Him, but sometimes might find it difficult to trust Him with everything that is on our minds and hearts. He can’t bring healing without your permission. What areas are you holding back from giving to God in prayer?