

The Pray More Advent Retreat Study Guide

Finding Joy in the Season of Advent With John Kinuthia

Reflective Questions

“No one is excluded from the joy brought by the Lord. The great joy announced by the angel on Christmas night is truly for all the people...” –Pope Saint Paul VI

1. In his talk, John says that Advent is the time to “empty ourselves of what is not of God so He can fill us.” What do you need to empty yourself of during this season? What needs to be swept out of your heart in order to create space for Christ?
2. How can you be aware of God’s presence during this season? Where is God trying to “warm your heart”?
3. Prayer is one of the most important ways of preparing your heart for Jesus. What has your prayer life looked like recently? What do you want to do differently this Advent?
4. You can cultivate interior joy through acts of humility, service, love. Who are some people in your life and community you can serve this season? What can you do to spread love to all those you encounter?