

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

## **Eucharistic Prayer and Adoration With Sr. Kathryn James Hermes, FSP**

### **Reflective Questions**

“The sound of my lover! Here he comes springing across the mountains, leaping across the hills.” Song of Sg. 2:8.

1. Sr. Kathryn says that her religious order refers to Adoration as a “Visit,” because it is meant to be a time of familiarity and friendship with Our Lord. How can thinking of Adoration as a Visit with Our Lord help you to grow in friendship with Him?
2. One of the first things we can do when we begin a time of Adoration is to allow Jesus to teach us. In what ways might Jesus be trying to instruct you in your life? What is He teaching you today?
3. When we are before Our Lord in Adoration, we are a patient before a doctor. What areas of your life do you most need to allow Jesus to heal? What are some places in your life that might He be showing you need healing?
4. We are privileged to have access to Jesus in the Mass and in the Eucharist, which means that He wants to send us to others who do not yet have this access. In Adoration, we can ask Jesus to use us like this. How might Jesus be trying to use you to reach others in your life right now?