

The Pray More Eucharistic Retreat Study Guide

The Power of the Mass to Heal With Fr. Steven Borello

Reflective Questions

“O Jesus, concealed in the Blessed Sacrament of the Altar, my only love and mercy, I commend to You all the needs of my body and soul. You can help me, because You are Mercy itself. In You lies all my hope.”

The Diary of St. Faustina

1. In what ways have you seen or experienced the healing power of the Eucharist?
2. Do you come to mass ready to participate and with a true belief that Jesus can transform and heal the areas of your life that need His healing? In what ways can you open your heart more to Christ?
3. Fr. Borello says that “Unforgiveness is one of the greatest blocks in the heart to the movements of God because unforgiveness hardens the heart.” Is there someone in your life from whom you are withholding forgiveness?
4. What do you bring to Jesus when you go to mass? Who or what in your life needs healing?