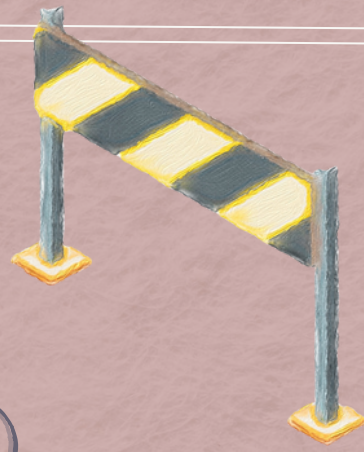


SEASON 13 — EPISODE 2

How to Pray (Series Part 1)



GROUP QUESTIONS

1. What did you learn about prayer in this episode?
2. How do you see God's love for you as you reflect on the Gospels?
3. What is your current prayer routine?
4. What pressures and insecurities do you experience when approaching God in prayer?

JOURNAL QUESTIONS

1. What obstacles and distractions in my life prevent me from making space for silence?
2. What parts of myself do I struggle to bring into my relationship with God?
3. After listening to this episode, what do I want to incorporate into my prayer life?
4. Where in my heart and my life do I feel the most poor?

QUOTES TO PONDER

“For by doing what God demands of us with total surrender of our innermost being, we cause the divine life to become our own inner life. Entering into ourselves, we find God in our own selves.”

— St. Teresa Benedicta of the Cross/ Edith Stein

“May my life be a continual prayer, a long act of love.” — St. Elizabeth of the Trinity

LECTIO DIVINA

“Lord, teach us to pray.” — Luke 11:1