

LENTEN HOPE RETREAT
Personal Reflection Questions: Talk 3

When something bad happens in my life, to whom do I turn? What kind of support network do I have?

Which of the following resources do I most often turn to/ which of them do I least turn to?:
(a) getting our wounds doctored with truth, (b) turning to God or the Blessed Mother to have Gods' compassionate love as a salve, (c) seeking to better take on our fundamental identity as God's beloved child, and (d) allowing ourselves to be treated with compassion and empathy by people who can help us,

What are some of the wounds that I bear which cause me hurt or which I often pretend not to have? Which of the deadly wounds (rejection, abandonment, powerlessness, confusion, fear, shame, and hopelessness... Dr. Bob Schuchts, Be Healed, p. 115.) resonated with me?

What are some of the wounds that the people to whom I am closest bear?

Have any thoughts come to mind on how I can better bring healing to them?

What is one way that I could think or act differently as a result of hearing this talk?