

LENTEN HOPE RETREAT  
Personal Reflection Questions: Talk 5

If/when I have depended upon myself to make sense of what has happened to me, why have I relied upon myself, with all the risks entailed in going it alone?

Am I able to see people in my life who are wise, have empathy and are holy/have a good moral compass, to whom I can turn to when the next challenge of life comes my way?

What tourniquets have I applied to myself?

What tourniquets might God invite me to let go of today? How does that make me feel?

Have I believed any identity lies about myself? If yes, how have those lies hampered my freedom? How have they hurt the people around me?

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