

LENTEN HOPE RETREAT

Personal Reflection Questions: Talk 7

Per Fr. Joe's homily, Was there a "transfiguration moment" of the retreat? What was a highlight?

What did I learn most about myself on this retreat?

Which of the thought ideas (things that are: true, honorable, just, pure, lovely, gracious, excellent, worthy of praise) given to us by St. Paul (Philippians 4:8) do I feel called to focus on? Are there any areas in which I often think of the opposite?

What are 10 things for which I am grateful?

When would be the best time in my day to set aside for prayer: when I am most likely to be able to pray?

Who has been on my heart this weekend as someone that I now can better understand/have empathy for in their struggles? How can I better love them? How can I encourage them?

What should the "next step" be for me after this retreat? (To learn more about next steps in the Spiritual life, watch Gathering 1 of the Synod at Home at www.archspm.org/synod)