

2024 St. Gertrude Men's Retreat Discussion Group Questions

St. Paul ... "From Wolf to Lamb"

Talk 1: Lessons from St. Paul's Conversion

- 1) How do you react after experiencing a spiritual high or turnaround in your life (e.g.; fall back into old patterns of acting, or, become discouraged, or, have anger with yourself and/or God)?
- 2) Do you trust that God's grace is sufficient for yourself?
- 3) What keeps you from believing that in the twists and turns of your life, God is leading you to the goal of transformation and holiness?
- 4) Do you believe in God's love for yourself, and his power to change you, or, are you trying to change through your own willpower versus trusting in God to change you?

Talk 2: The Eucharist Provides the Grace That is Sufficient

- 1) How strong is your faith that God is at work in your mind, heart, and soul when you receive Holy Communion (even as you believe in the real presence of Christ in the Holy Eucharist)?
- 2) Do you believe in God's desire and HIS power to heal you and make you holy?
- 3) If you are in the practice of regular adoration, what are some of the benefits you see from it?
- 4) If you are not in the practice of regular adoration, what's holding you back?

Talk 3: Lessons from St. Paul — How to Endure Trials

- 1) What is your attitude when you experience chronic illness, trials, or sufferings of some kind? Do you feel like God is punishing you, or, that God doesn't love you? Do you get angry with God and stop praying?
- 2) When has suffering been a blessing in your life?
- 3) What important lesson (s) did you learn from your experience of suffering and how have you grown in your relationship with God as a result of it?

Talk 4: St. Paul — Model of Fatherhood

- 1) What is the most difficult aspect of Fatherhood, as illustrated in the life of St. Paul, for you to live out?
- 2) In what way (s) do you fall short as a spiritual or earthly (i.e.; unmarried) Father?
- 3) How can what you learned during this retreat help you to be a better Father?
- 4) How has LOVE shown itself to be your primary motivation for much of what you accomplish (St. Paul taught that **LOVE** was the greatest of all the virtues — even surpassing martyrdom as noted in 1 Cor 13: 3)?