

Christ, Our Light in the Darkness

A Virtual Lenten Retreat with
Cardinal Seán O'Malley!



**Note: All highlighted & underlined titles lead to direct links.*

- 8:30 am [DAILY MASS](#) Live with Archbishop Etienne
- 9:15 am Session 1: [Prayer](#)
- 9:45 am Reflection Questions/Break
- 10:30 am Session 2: [Mercy and Forgiveness](#)
- 10:55 am Reflection Questions/Break
- 11:40 am Session 3:
[Faith – The Key to Meaning Call to Friendship](#)
- 12:05 am Lunch Break
- 1:05 pm Reflection Questions
- 1:35 pm Session 4: [Who is My Neighbor? The Good Samaritan](#)
- 2:00 pm Reflection Questions/Break
- 2:45 pm Session 5: [The Seven Last Words](#)
- 3:10 pm Afternoon Prayer
- 3:25 pm Reflection Questions/Break
- 4:10 pm Session 6: [The Eucharist](#)
- 4:40 pm Reflection Questions
- 5:25 pm Evening Prayer and End of Retreat

Lenten Retreat Session 1: PRAYER

1. In prayer, ask God to show you where you need to trust in Him more right now?
2. How can you make more space and time in your life to hear God speak to you?
3. We're feeling an absence of God right now. How can this absence help us grow spiritually?

Lenten Retreat Session 2: MERCY & FORGIVENESS

1. God forgives us with a caress. Where are you called to forgive others with that same caress?
2. Reflect on this essential truth: God's mercy is stronger than your sins.
3. Do you know that confession is solely about God's love for you?

Lenten Retreat Session 3: FAITH

1. Our faith asks us to make a gift of ourselves. Who has the Lord asked you to give your life to?
2. How does faith help you discover God and His plan for your life?
3. As you grow in faith, where is God calling you to help "repair the world?"

Lenten Retreat Night 4: THE GOOD SAMARITAN

1. The Good Samaritan really "saw" the other person. Who is the Lord asking you to really "see" and then reach out to?
2. In this time of social isolation, who in your family or parish is more isolated? How can you comfort them?
3. Think about ways you can see the good in others whom you disagree with. Then draw them into your life.

Lenten Retreat Night 5: THE SEVEN LAST WORDS

1. Do you hold Jesus' last words dearly like a loved one's final words?
2. Do you feel like God has abandoned you during this difficult time? If so, how? Cry out to him like Jesus did.
3. What do you feel you have left "undone"? How can you be ready to say, "It is finished"?

Lenten Retreat Night 6: THE EUCHARIST

1. We all suffer from spiritual amnesia at times. How can you remember God and His love in your daily life?
2. With Masses suspended, how has your love and appreciation for the Eucharist changed? How have you found other ways to celebrate the True Presence of Christ?
3. In the Eucharist we discover who we are, so we can make a gift of ourselves. How are you called to make a gift of yourself?