



- When has your heart been broken by the suffering of the innocent?
- What do you want to tell God in light of the hurts, losses, and desolations that you have experienced?
- In what ways have you brought upon yourself the suffering you endure? Can you forgive yourself? Can you allow God to forgive you? Can you let go of the past and move to the future?
- How can you relieve human suffering by becoming more responsive to the needs of the poor and the powerless, the needy and the neglected ?
- When have you experienced the healing touch of Jesus?
- Have scriptural passages helped to get you through a difficult time? Which passages? What were the circumstances?
- When have you found a ray of light in the midst of darkness?
- When have you been consoled by others in the midst of grief and sadness?
- What are the unanswered prayers for which you are grateful?
- How has God given you the gift of humility?
- What hurts have you been able to leave in the past?
- How has God taught you to be merciful and compassionate?
- For what in your life are you most thankful?