



# 2021 Lenten Prayer Study: Adults

Based on the book  
*I Thirst: 40 Days with Mother Teresa*



## If you are doing this individually...

- Begin with an opening prayer, inviting the Holy Spirit to move your heart.
- Take a few moments, calling to mind God's presence and peace.
- Play the video.
- Pause the video if something strikes you or stands out.
- Sit with the idea or thought in silence for a few moments, giving Jesus a chance to speak with you directly or instill more peace in your heart.
- Continue playing the video.
- When finished, lift your heart in gratitude for Christ's love and constancy..
- Write down a phrase or sentence that meant something to you. (Optional: Place the quote it in a prominent or high-traffic place so you see it often and are reminded of its truth throughout the week.)
- Refer back to this phrase for the rest of the week.
- Use the 'resource guide' for additional opportunities for prayer.



## If you are doing this as a group...

- Begin with an opening prayer, inviting the Holy Spirit to move in your hearts.
- Spend a few moments in silence, calling to mind God's presence and peace.
- Play the video.
- While watching, record any phrases or ideas that strike you or stand out.
- When finished, sit in silence, reviewing the ideas or thoughts you wrote down.
- Speak honestly with Christ about what is on your heart and mind.
- As a group, answer the questions that follow the video and discuss anything else pertaining to your prayer.
- Pick a phrase to place in a high-traffic or prominent place that you will see often throughout the rest of the week.
- See the 'resource guide' for additional opportunities for prayer.



# I. The Dynamics of Thirst

Link to the video: <https://youtu.be/nL9ddMGhcVY>

**Fr. Cole Kennett (former parishioner of St. Joseph Parish, stationed in Colon, NE) reflects on how we try to satisfy our thirst for God and asks us to name the places we wish to keep hidden.**

Questions:

1. What parts of your heart do you try to keep hidden?
2. What do you think will satisfy your need for God? How do you try to satisfy your thirst?
3. Can you name what you have "espoused yourself to?"
4. What role does personal prayer play in revealing your false thirsts?
5. What role do receiving the sacraments play in revealing your false thirsts?



# Additional Scripture Passages

Referenced by Fr. Kennett:

- John 4:4-42 (The Woman at the Well)

For further meditation:

- Matthew 4:1-11 (The Temptation of Jesus)
- John 8:1-11 (A Woman Caught in Adultery)
- Luke 11:38-42 (Martha and Mary)
- Mark 10:17-22 (The Rich Man)
- Mark 12:28-34 (The Greatest Commandment)



## II. Prayer as Thirst

Link to the video: <https://youtu.be/c8ZIU7K9Xvo>

**Fr. Jay Buhman (stationed in David City, NE) reflects on how we should approach personal prayer and our relationship with God.**

Questions:

1. What does your “personal prayer” life look like?
2. What obstacles do you experience in trying to pray?
3. In what ways do you focus more on “administration” rather than love?
4. What are some practical ways you can focus more on receiving the Father’s love during prayer time?



# Additional Scripture Passages

For further meditation:

- Luke 3:21-22 (The Baptism of Jesus)
- Matthew 6:5-8 (Teaching about Prayer)
- Matthew 14:23
- John 17:26



## III. Our Lady's Example

Link to the video: <https://youtu.be/qyLQTR3UZf8>

**Fr. Alec Sasse (stationed in Lincoln, NE, at the Newman Center) reflects on Mary as a mediator of God's thirst for us and our need for Him.**

Questions:

1. What circumstances or sins make it difficult to “go to God” like Mary does?
2. What role does Mary play in your prayer life?
3. What Marian apparition has spoken clearly to you a “renewed thirst for God?”
4. Who do you bring the presence of Christ to?





# Additional Scripture Passages

Referenced by Fr. Sasse:

- Luke 1:26-38 (The Annunciation)
- Luke 1:39-45 (The Visitation)
- Luke 2:22-38 (The Presentation)
- John 19:25-27 (The Crucifixion of Christ)

For further meditation:

- Luke 1:46-55 (The Magnificat)
- John 2:1-5 (The Wedding Feast at Cana)



## IV. Thirst in the Service of God

Link to the video: <https://youtu.be/e8U3f25fFkM>

**Fr. Ryan Kaup (stationed in Nebraska City, NE) reflects on how our thirst for God and an encounter with His thirst for us should be the foundation of our service.**

Questions for reflection:

1. What areas of life do you see as total gifts from God, allowing you to trust Him?
2. What areas of life do you fail to “see the world through the eyes of the Gospel?”
3. How has God said “Hey, I’m here!” or “Remember Me?” this week?
4. What pain and temptations can you bring to your personal prayer time, asking God to help you see with eyes of faith? To see them as gifts? As invitations to closeness?
5. What service do you offer begrudgingly or out of obligation? What service is God drawing you towards through a spirit of gift and love?



## Additional Scripture Passages

- For further meditation:
  - Luke 19: 1-10 (Zacchaeus the Tax Collector)
  - Luke 17:11-19 (The Cleansing of the Ten Lepers)
  - 2 Corinthians 5:7
  - 1 Peter 1:3-9 (Blessing)



# V. Sharing in the Thirst of Christ

Link to the video: <https://youtu.be/5Htl-5AE0Bo>

**Fr. Steve Mills (stationed in Atchison, KS, studying at Benedictine College) reflects on the important of “leaning on the cross” in our suffering, uniting our thirst for God with Jesus’ thirst for the Father.**

Questions:

1. What weaknesses and limitations are a “thorn in your side?” How is that an opportunity to go to God?
2. What is your response to suffering and difficulty?
3. What blessings have you experienced while suffering or through suffering?
4. What does it mean to “lean on the cross” when you are praying by yourself? What can that look like?
5. How can suffering deepen your ability to receive God’s love? How can suffering deepen your love for Him?



# Additional Scripture Passages

Referenced by Fr. Mills:

- 2 Corinthians 12:7-10 (Paul's Boast: His Weakness)

For further meditation:

- Isaiah 55:6-9 (An Invitation to Grace)
- Matthew 6:25-34 (Dependence on God)
- Mark 8:34-38 (The Conditions of Discipleship)
- Luke 22:39-46 (The Agony in the Garden)



## VI. Jesus, the Incarnation of God's Thirst

Link to the video: <https://youtu.be/WXNYx1vG0go>

**Fr. Jim Morin (stationed and studying in Rome, Italy) reflects on Christ's Passion and the role of the Holy Spirit in our prayer life.**

Questions:

1. How does Jesus express God's thirst for us during Holy Week?
2. What moments of Holy Week express Jesus' perfect thirst for the Father?
3. What moments express Mary's perfect thirst for the Father?
4. What are practical ways to allow the Holy Spirit to move in you during prayer?
5. What are practical ways to allow the Holy Spirit to move within you during your work?



# Additional Scripture Passages

- Referenced by Fr. Morin:
  - 1 John 3:16
  - Romans 5:7
  - Luke 22:19
  - Romans 8:26
- For further meditation:
  - John 16
  - John 19:28-30 (The Crucifixion of Jesus)
  - John 20:19-23 (Appearance to the Disciples)



## **In conclusion...**

1. How has your understanding of personal prayer changed?
2. How has your prayer life changed?
3. What can you do moving forward to continue receiving the love of God through prayer?
4. What aspects of prayer require more development and understanding?