

ARMCHAIR MYSTIC
Discussion Questions

1. Do you have a prayer routine? If so, how has it changed over the years? What prompted the change? What questions do you have about prayer?
2. When do you feel closest to God in prayer? What are some of your favorite ready-made prayers?
3. Do you have a devotion to Mary or to any of the saints? If so, how has this helped you in your prayer life? Do you pray the rosary? Do you need to pray the rosary to be a good Catholic? If you do pray the rosary, how do you feel when you pray it?
4. What is your biggest obstacle in prayer? Do you ever find prayer boring?
5. Do you agree that there are “stages of prayer?” If so, which stage is most comfortable for you?
6. What are your expectations of God in prayer? Do you expect God to answer your prayers? What is your image of God?
7. Do you find it easy or difficult to enter into solitude? Are you drawn to the idea of solitude or would you rather avoid it?
8. Have you ever tried contemplative prayer? If so, what has your experience been?
9. What is the difference between contemplation, meditation, and reflection?
10. Can you relate more to Martha or Mary?
11. Do you ever compare your prayer or spiritual life to others? If so, what is the danger in that? How can we learn from each other without comparing ourselves with each other?
12. What is your comfort level in talking with God? Do you censor yourself?
13. Have you ever used music in prayer? Explain.
14. Have you ever sought spiritual direction? If so, what has been your experience? Are you interested in learning more about spiritual direction?
15. Have you ever tried Lectio Divina? If so, what has been your experience?
16. Did you try any of the exercises in this book? If so, did they help you? Explain.