



TASTE Reflection Questions
November 14, 2024

The Hermit that Saved a Soul, Marriage, and Family
Kevin Wells

*And remember, I am with you always,
to the end of the age. ~ Matthew 28:20*



1. What did you find most interesting about this talk?

2. When Kevin Wells turned 40, he reevaluated his spiritual life and realized that he wasn't "getting it done" and living according to God's will. He felt there were measures of sloth and things he wasn't proud of that were becoming habits. He would go to the same retreats every year with the same resolutions, but they weren't working. He realized that he had not loved well enough, he had not given all, & that he was too comfortable and addicted to his comfort. He asked God to "**STRIKE HIM DOWN**" to help him do God's will. One month later, he was stuck down with a brain aneurysm.

- How has this story encouraged you to evaluate or reevaluate your Spiritual life?
- What changes have you taken/experienced through this evaluation?
- If you thought your life was going to be taken this very day, how might you respond?
- Do you know of additional people who have prayed this type of prayer? What happened?

3.. After God struck Kevin down and he returned home from the hospital and was recovering, he received the zeal to become like Jesus by: 1) wanting more of God by attending daily Adoration and going to more weekday Masses, 2) getting involved in prison ministry, 3) dedicating to loving Krista and his family better, and 4) striving for virtue even to the extent of wanting to be a saint. When Krista saw all of this, it opened a mother wound of shame, and she started binge drinking red wine. After Kevin realized he was **POWERLESS**, he got inspiration from St Teresa of Avila's book, *Interior Castle* and realized he needed to learn contemplative/ meditative prayer. He wanted to love Krista & nail his unknowingness of her return to the hard wood of the cross, and everything to the cross, and just wait on God.

- How have you used trials in your life to help you become more like Jesus? What were some actions you took?
- When has "living out" your Christian faith caused a negative reaction in someone, whether close to you, or coworker, or just an acquaintance? How did you respond?
- Knowing that Krista has given her life to the Lord, how does Kevin's story of: 1) understanding his own powerlessness, 2) need for contemplative prayer, and 3) willingness to surrender Krista and everything and place it all on the cross encourage you to do the same?
- Have you ever clung to Jesus this way or used contemplative prayer? How can you make time for it?

4. Kevin explained that when Krista was finally ready, she went to **CONFESSION** with Fr. Flum and she was healed of her brokenness, wounds, and addiction. Four years later, they are on their honeymoon!

- Have you ever held something in for so long and finally shared it with a priest in confession? How did you feel afterwards?
- Do you still have something that you are keeping in that needs to be brought to confession?