

## Just As I Am Beloved and Enough Discussion Questions

### Chapter 1

Have you ever doubted your faith or wondered if it was weak during a time of pain or when you faced a difficult time? How did you answer your questions of faith?

### Chapter 2

Lydia wondered if the voice of God could be described as the still, small voice within. How do you recognize “the voice” of God?

### Chapter 3

Have you ever had to process multiple layers of grief? Have you ever experienced a new grief which caused you to face past griefs again? If so, how did you process those feelings?

### Chapter 4

Lydia always felt close to God when she was enjoying nature. Where do you feel most connected to God? Why do you feel connected there?

### Chapter 5

Do you know anyone who has felt shame or some other negative emotion about seeking professional help? How could you encourage someone (or even yourself) to seek professional help?

### Chapter 6

How did you respond when Lydia stood up to Clark? Were you surprised by her actions? What do you think she was feeling while she stood there? Can you think of a time when you did something you didn’t think you would be able to do? What gave you the strength or courage to act?

### Chapter 7

Jordyn’s parents seemed to have imposed their dreams on her. Or perhaps they viewed her as someone she wasn’t. Has that ever happened to you? How did that make you feel?

### Chapter 8

Lydia realized flowers don’t compare themselves to other flowers, and they are content in God’s timing. How would your life be different if you lived more like those flowers?

### Chapter 9

Why do you think Lydia was upset when Clark didn't want Jordyn to pursue her own passions? Why do you think Jordyn hid her passion for music from her parents? Do you think it is important to pursue your passions?

#### Chapter 10

Has anyone ever made you believe that having big feelings is wrong or bad? How did you respond? Why do you think some people believe having big feelings is wrong or bad?

Grandmother wrote a lesson for Lydia about the problems we face when we are focused on our past. Is there anything from your past that causes you to be stuck there and not grow and move forward?

#### Chapter 11

Have you ever wondered "but who will I be" or "am I enough?" How did you answer those questions? How can we help other people when they ask those questions?

Do you believe faith is a journey and not a destination? What experiences have caused you to believe as you do?

#### Chapter 12

Have you ever felt that you didn't measure up in regards to your appearance? Who or what made you feel that way? Gail said we are each beautifully made. Do you agree? Do you believe you are beautifully made? If not, what needs to change for you to believe this truth?

#### Chapter 13

Lydia had based her self-worth on the prestige and power of her past career. What have you noticed other people tie their worth to? What have you tied your worth to?

#### Chapter 14

Lydia questioned how she could be enough considering her past traumas. How would you answer Lydia's concerns? How do we move past our traumas informing our self-worth?

#### Chapter 15

If you are not enough without a gold medal, you won't be enough with a gold medal. Do you agree with this quote from the movie Cool Runnings? Why or why not?

#### Chapter 16

How do you process your emotions? How do you release the energy from your emotions in a positive way? Do you believe processing your emotions in a positive way is important? Why do you believe that?

#### Chapter 17

The confrontation with Clark in the parking lot brought Lydia's fears back to the surface, and she questioned how God or anyone else could love her. Can you think of a time when you questioned whether God could love you? How did you work through the pain of feeling unlovable? Does this fear of being unlovable still haunt you?

#### Chapter 18

What were you taught about having doubts? What do you believe today about doubts? Do you think they are a sign of weakness or a lack of faith? Or do you think they can be a catalyst for growth?

Have you ever considered that a major life change could cause grief?

#### Chapter 19

Do you think Teresa of Avila's clues to recognizing God's voice are helpful?

#### Chapter 20

Have you ever felt invisible? What led you to feel that way? How did you face that feeling?

Lydia admitted she was afraid of beginning a relationship. Has anything in your life interfered with your ability to begin or maintain a relationship? How did you overcome that obstacle? If you haven't yet overcome it, what do you need to do?

#### Chapter 21

Mrs. Dalton said we are enough because God is enough, and we are made in God's image. Do you know and feel this knowledge? If not, what do you need to do to move towards knowing it and feeling it?

#### Chapter 22

Do you think the fear of not being enough is an ancient fear? Do you think knowing you are enough because you are made in God's image is easy to believe or difficult to believe? Why do you believe that?

#### Chapter 23

Do you think keeping traumas a secret holds a person hostage? If you were Lydia, would you share your secret? Why or why not?

#### Chapter 24

Henri Nouwen said we often believe the lies that others tell us and doubt the truths which God knows. What lies from others have you believed? What truths from God have you doubted?

#### Chapter 25

Have you ever believed the lie that there is something about you which keeps you from experiencing love?

How could you address a fearful internal voice which is trying to protect you but may not understand all the facts or may not know that you have grown and changed?

#### Chapter 26

Have you ever turned to something to avoid facing your problems? What did you do to face the problems you were avoiding? Or what do you need to do to face the problems you are currently avoiding?

Can you think of a time when you felt abandoned? How did you feel? How did you cope? Have you ever felt abandoned by God? What do the scriptures tell us about that possibility?

#### Chapter 27

Gail shared Henri Nouwen's quote which said, "If I am the Beloved of God, how do I claim my Belovedness? I begin by daily repeating the very words Jesus heard at his baptism, for they are also meant for me and for you: You are my Beloved. With you I am well pleased." Does this quote speak to you? Why or why not? Why do you think it was deeply impactful for Lydia?

#### Chapter 28

Why do you think Lydia felt peace after she told Sam her secret? How did you respond to Sam's reaction?

#### Chapter 29

Can you relate to Lydia when she said she had spent years regretting her past and worrying about the future? How do you think life would be different if you lived in the present instead of worrying about the past or the future?

#### Chapter 30

What part do you think faith plays when someone is facing an addiction?

#### Chapter 31

Do you believe God only gives us what we can handle? Or are you like Lydia and believe that God did not cause the burden but is with us every step of the way during our difficult journeys?

Do you believe that being viewed and treated as an object instead of a person would be painful? Can you think of other examples of someone being viewed and treated as an object? Have you ever experienced this? If so, how did you feel?

#### Chapter 32

Why do you think Lydia was touched when Sam told her he felt more authentic with her than anyone else?

Why do you think Lydia found Sam's kiss to be comforting and safe instead of scary as she might have in the past?

#### Chapter 33

Do you think that forgiveness is often more for the benefit and wellbeing of the forgiver rather than for the person being forgiven? What benefits and wellbeing do you think the forgiver receives?

#### Chapter 34

Do you think gratitude is an important part of having a deep sense of contentment and knowing you are enough? Why or why not? What other benefits can come from gratitude?

#### Chapter 35

Why do you think it took so long for Lydia to feel in her soul that her rape was not her fault? Why do you think it was so powerful and moving for her to come to this realization?

#### Chapter 36

Why do you think we often believe the critics instead of what God tells us? Why don't we always look to God when we doubt our worth?

How do we know when we are done forgiving?

#### Chapter 37

Have you ever compartmentalized yourself? What parts have you compartmentalized? Roles? Emotions? Beliefs? If so, how could you bring yourself together to be one complete person? Do you think that would help you feel more content? If so, why?

#### Chapter 38

Have you ever seen someone you viewed as an adversary change before you until you suddenly saw them as a child of God? Did that change how you were going to interact with that person?

How did you react when Lydia was able to forgive her rapist?

#### Chapter 39

Lydia had a great deal of advice for Jordyn. How did you react to Lydia's advice? What advice would you have shared with Jordyn?

#### Chapter 40

Has anyone ever looked at you with a limiting view? Jesus viewed the town harlot as a child of God, and that view changed her life. Have you felt in your soul the power of Jesus view? If you have, how did your life change? If not, how do you think your life could change if you accepted this?

How did you react when Lydia said – Just as I am – that's how God loves me?