

It is Well Discussion Questions

Introduction

It Is Well and these discussion questions refer to trauma and to sexual assault in particular. If you have experienced trauma and find this material triggering, you are urged to take care of yourself, however you need to do that.

If you are in distress, please reach out for help. Call 988. The 988 Lifeline provides 24/7 free and confidential support.

Chapter 1

Lydia had mixed emotions about her church. Have you experienced the good and the bad of being a member of a faith community? We are all imperfect, even those people in a faith community, so is this to be expected? If you have experienced pain because of a faith community, how did that impact your faith?

Chapter 2

What do you think was the driving force behind Lydia's fear that people would discover why she was depressed?

Why do you think Lydia worked so hard to hide her emotions?

Chapter 3

What do you think Grandmother meant when she said Lydia was not living, but that she was merely surviving? Have you ever experienced this?

A voice inside Lydia asked if there was truth to what Grandmother had said. Who or what do you think that voice was?

Chapter 4

What do you think Aunt Lu meant by Lydia would be good medicine? For whom? How?

Chapter 5

Lydia felt that someone else was crying with her, and she wondered if it was God. How do you think God feels when we are in pain?

Chapter 6

Our core values are those values that deeply guide us. They may not be something we often think about, but when they are broken it can be painful. What are your core values? Can you think of one of your core values that has been broken?

Chapter 7

Lydia often felt the pain of abandonment. Have you ever felt abandoned? If so, who did you feel abandoned by? How did that impact you?

Lydia loved the apple orchard. Is there a place in your life where you find peace, comfort, and the nearness of God as Lydia did in the apple orchard?

Chapter 8

Lydia often felt she had no choices in her life, and she believed what happened to her was what she deserved. Have there been times in your life when you didn't think you had any options? Looking back at those times, do you still believe that you had no choices or options? What would you have done differently if you realized there were options?

Chapter 9

At one point, Lydia's pain was so deep that she thought about not continuing to live. How did you feel when Lydia considered ending her life? Have you or someone close to you ever had such a moment of desperation?

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Chapter 10

Lydia was annoyed when her grandmother referred to her as a child. Why do you think that annoyed her?

Chapter 11

Lydia attended an event where the speaker stated she could view what happened to her as either steppingstones or stumbling blocks. How do you think the speaker's life would have been different if she had viewed them as stumbling blocks? Do you tend to view the problems you have encountered as stumbling blocks or steppingstones? Why?

The speaker used her story to uplift and encourage others. Do you believe that your life story can be used to uplift and encourage someone else? Do you believe that God can take something horrible and use it to help bless someone else?

Chapter 12

Lydia seemed to believe it was less painful to be alone. Do you agree? Why do you think she worked so hard to avoid pain?

Chapter 13

Grandmother asked Lydia, how is your soul. Why do you think that question was so important to Grandmother?

Grandmother shared Blaise Pascal's opinion that we each have a God-shaped space inside of us that can only be filled by God. What do you think about that opinion? Have you ever tried to fill that space with something else?

Grandmother told Lydia that we cannot earn God's love, and we cannot lose it either. What is your reaction to that?

Chapter 14

Lydia tried to describe the peace that surpasses all understanding. Have you ever felt a peace like that? Describe how you felt? What was happening at the time? How did it change you?

Chapter 15

Grandmother shared her wisdom in her Lessons For Lydia journal. How have others shared their wisdom with you? What are your thoughts about the wisdom that was shared with you? How could you share your wisdom with others?

Lydia spent most of her life running from her past and her problems. Have you ever run away from problems? What did you experience from running instead of processing?

Chapter 16

One of Grandmother's lessons was about following your divine purpose. What are your thoughts about having a divine or true purpose?

How do you know when the voice you hear is God? What do you experience?

Chapter 17

When Lydia returned to her old school, she felt a variety of emotions ranging from happy to pain. Can you relate to that experience? If so, in what ways do you relate?

Chapter 18

Grandmother shared her thoughts about prayer. Have you ever felt that you don't know how to pray properly? Do you believe there is a right or wrong way to pray? Do you think we need to practice praying or does it come naturally? Do you think listening is a vital part of praying?

Have you ever felt unlovable? Have you ever felt that God couldn't possibly love you? Why did you feel that? Grandmother believed that God loves us no matter what. What do you think?

Chapter 19

Lydia found it easier to reflect, grow and think while she was at the farm. Why do you think it was easier for her there? Do you think there are other reasons she needed to be at the farm?

What (or where or who) helps you to reflect and grow?

Chapter 20

Gail said God sends the insignificant to do impossible things. What do you think she meant? Can you think of examples in the Bible?

Chapter 21

Even though Lydia had avoided the farm for many years, she didn't want to leave after her grandmother died. Why do you think she couldn't face going back to her previous life and career? How do you move beyond your past?

Chapter 22

What do you think Sam meant when he said just because it rains one day doesn't mean it rains every day? Why do you think Lydia was so moved by this statement?

Chapter 23

Why do you think Lydia was told to stop thinking with her head and listen to her soul? Do you think you would benefit from listening to your soul? Why or why not?

Chapter 24

Lydia said her life hadn't been authentic. What do you think she meant?

Chapter 25

There is no moment that is beyond God's desire and capacity for redemption. What does this sentence mean to you?

Lydia felt a tremendous amount of shame throughout her life. Have you ever felt shame? How did it make you feel? How did you process it? What does it mean for you that God's redemption is the anecdote for shame.

Chapter 26

Lydia called out – God, why did you forsake me! Have you ever felt that God had forsaken you? What does scripture tell us about that?

Lydia eventually realized that God didn't cause her pain. Have you ever heard someone comment that a person's problems were God punishing that person? What do you think about that?

Chapter 27

Lydia realized that you cannot change the past or predict the future, so you should focus on today. What are your thoughts on Lydia's realization? How might your life be different if you lived by this philosophy?

Lydia hid behind **what** she was (her career) because she was afraid of **who** she was. Can you relate to Lydia in that way?

Chapter 28

Grandmother shared her thoughts on being versus doing. What do you think Grandmother meant? Grandmother also said that who God designed you to be is more important than a career or a job. What do you think she meant? Could this be important in your life?

Chapter 29

Gail shared a thought about community. She believed each individual's gifts and blessings reflect a part of God, and that God is so big that we need a community to reflect God as a whole. How do you respond to this description of community? Do you think we need a community to be whole?

Chapter 30

Why do you think so many people blame themselves for the trauma they have faced?

Chapter 31

Lydia used to think the farm represented her past and she wanted to escape it. Then she began to view the farm as part of her healing. She even said she had come home. What do you think it meant for Lydia to "come home"? Do you need to "come home" to anything?"

Chapter 32

What does the story of the Samaritan woman mean for you?