

WHEN YOU DON'T LIKE YOUR STORY



discussion guide

WEEK 1: Chapters 1-3

Which parts of your story do you not like?

How does it make you feel to know that you can repurpose your pain for good?

Have you ever felt betrayed by God? If so, what were the circumstances?

When have you seen God working in or after a painful time?



When have you wrestled with God over parts of your story?

Why do you think God allows pain? Which of the three reasons in chapter 2 resonates with you the most?

When have you been trapped by the “you’d be happy if” lie? How did you get free from it? Or are you still stuck in it?

The author says, “We should never add what we consider common sense to God’s truth.” Why do you think this is?



What consequences of the fall are you experiencing in your life right now? How do you find hope in Jesus during these struggles?

What do you think heaven will be like?

What does trusting God look like in practice?

When you are struggling, how does what you feel about God differ from you know to be true about God?



How are faith and uncertainty connected?

When have you been surprised about something in God's plan for you?

What can we learn about suffering from the story of Joseph? What can we learn about how God works behind the scenes from this story?

Have you experienced God working in your "meanwhile"? If so, what happened?



What do you think the author means by “we can’t take an escalator to holiness”?

What does it mean to you that God is the All-Sufficient One?



WEEK 2: Chapters 4-6

What “scabs” do you regularly pick that may prevent you from moving forward to healing?

Why is it important to understand that your healing starts with you?

How have you grown from your mistakes and failures?



What wounds from your past do you remember without feeling shame or pain? Which wounds are still difficult for you to remember?

Can you think of a time when you were able to use what you've gone through to help someone else?

What does forgiveness mean to you?

When have you witnessed the power of forgiveness in your own life? What did you learn from it?



When have you struggled with forgiveness, and why?
Were you able to eventually offer forgiveness?

What can we learn about forgiveness from the story
of Jacob and Esau?

How does it make you feel to read that “the devil
does not want you to break free from the weight of
the past”?



How would you describe the feeling of shame?

How is shame the refusal of God's forgiveness? How does that perspective change any feelings of shame you may have?

What is the difference between shame and embarrassment?

What is the difference between shame and guilt?



What feelings of shame do you need to let go of?

In what ways might your life be different if you were to let go of your shame?

Have you had a scarlet cord of shame that God used as a scarlet cord of redemption? If so, what is it?



WEEK 3: Chapters 7-9

What losses are you grieving?

What steps of emotional healing have you gone through in the past? What steps do you still need to walk through?

How do you think that knowing about the resurrection of Jesus can help with grief?

Who has helped you during your times of loss in the past? How did they help you?



What does hope mean to you?

What is the difference between having a religion and having a relationship with Jesus?

How can a story of redemption become a testimony that can help others?

In what ways have you become more compassionate because of your struggles?



What losses have equipped you to comfort others?

How do you share the stories of your losses with others?

What does redemption mean to you?

Why is it necessary for us to cooperate with the Holy Spirit in our redemption? What is required of us?



With whom might God be calling you to share your story?

What treasures have you buried because of fear?
What fears have prevented you from sharing your stories?

How do you plan on moving forward and now that you understand the power of your story?



WEEK 4: Chapters 10-12

Have you ever felt disqualified from ministering to or helping others? Why or why not?

How does it make you feel to know that God can use despite your weaknesses?

What do you think it means to “strengthen your brothers and sisters”?

How does it make you feel to know you are God’s handiwork?



What lies has the devil tried to convince you to believe about yourself?

What labels have you assigned to yourself that could prevent you from moving forward in your story?

How would you describe the enemy?

What truths do you need to focus on believing?



What does it mean to “look at life from a better lens”?

Which aspects of your life do you need to look at from a better lens?

What brings you joy?

When do you struggle to feel joy? What can you do to change your focus during those times?



What unanswered questions do you have about your story? How does it make you feel to know that your story will one day make sense?

What title would you give your story? What titles would you give various chapters?

Do you find it difficult to trust God with your story? Why or why not?

How has your perspective of your personal story changed after reading this book?

What have you learned by reading this book and how will you share it with others?

