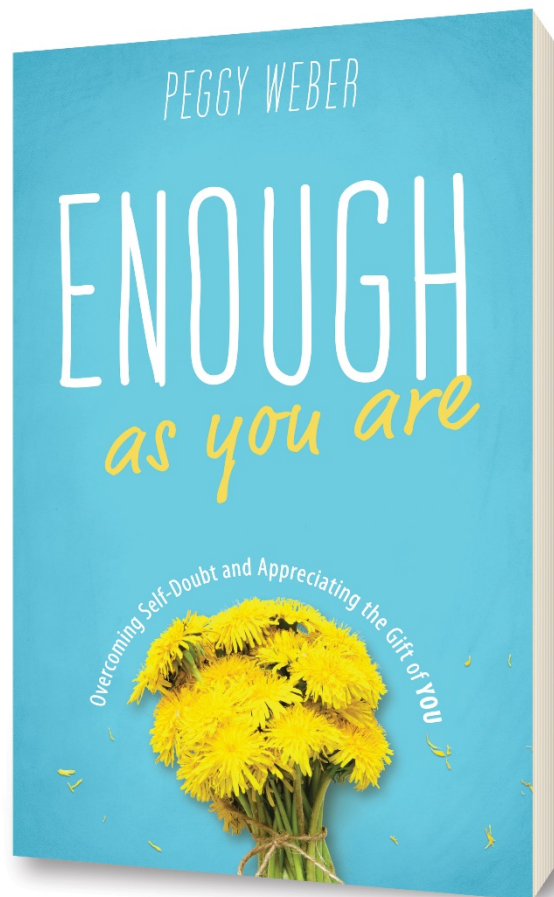


A Six-Week
**Discussion
Guide**



Week 1: Introduction–Chapter 1

1. Have you ever found yourself doubting that you were worthy of God's love? Was there a specific characteristic or flaw that led to this doubt?
2. Make a list of five things you like about yourself. Choose one to share with the group and your reason for choosing that characteristic.
3. When you receive a compliment, do you tend to qualify it or accept it? For example, if someone compliments an item of clothing you're wearing, do you simply say, "Thank you!" or do you begin to describe the clothing? If you tend to qualify compliments, why do you think you respond that way?
4. Think about the people in your life that you admire. Why do you admire them? Identify a quality in these people that you can nurture in your daily life.
5. What do you find most inspiring about the story of St. Teresa of Ávila? What can you take from her story and apply to your life?

Week 2: Chapter 2–Chapter 3

1. Recall when a friend made a difference in your life. Share with the group the event and what about this experience still resonates with you today.
2. When encountering strangers in your daily life, how do you interact with them? How could you add more acts of friendship into your daily interactions with people?
3. Think of a time when you didn't feel smart enough. Think about how you felt in that moment. Share with the group the emotional response you had during that time. Why do you think that was the way you felt in that moment?
4. Make a list of tasks you do regularly or daily. Now go through this same list of tasks with the view that these are all things you *know* how to do; the knowledge of how to complete these tasks is part of your gifts and talents. Share with the group the most surprising piece of knowledge on your list. As a group, take a moment to thank God for these gifts of knowledge.
5. What do you find most inspiring about the story of St. André Bessette? What can you take from his story and apply to your life?

Week 3: Chapter 4–Chapter 5

1. In addition to God, who makes you feel most loved? Try to describe how this love makes you feel.
2. Who was the last person to send you a note of love without any particular reason other than he/she loves you? Who was the last person that you sent a note of love to? Make a plan to write a note of love to someone in your life in the very near future.
3. Have you recently noticed an advertisement that you feel is an inaccurate portrayal of family? What was the advertisement? Describe what a realistic advertisement of family life would look like if you directed it.
4. Finish this sentence: *Family is...*
5. What is your ultimate desire for your family? How do you turn to God to explore this desire or make it a reality?

Week 4: Chapter 6–Chapter 7

1. If you were forced to leave your home with short notice, what would you take? Why?
2. If you have experienced a forced evacuation, what did you take? Why? If you feel comfortable, share what this process of decision-making looked like in the moment. Or, describe in a few words how you felt during that time of decision-making.
3. What is one area of your life that you can simplify? This could be simplifying through going through an area of your home and deciding what to keep, donate, or throw away. You could also consider simplifying something like your calendar of commitments.
4. Do you ever find yourself making choices to impress others? Why or why not? Have you ever found yourself making choices to try to impress God? Why or why not?
5. Make a list of what impresses you about yourself. Now imagine God's list of what impresses God most about you. How do these lists compare?

Week 5: Chapter 8–Chapter 9

1. Think about someone you need to forgive. Share with the group why you have not forgiven this person yet. Invite God to help you work towards forgiveness.
2. Describe a time when someone helped you through a rough patch. How did you feel knowing that you had this person there to assist you?
3. What is your immediate reaction when you read the story of St. Elizabeth Ann Seton’s resilience in the chapter “Had Enough”? Do you turn to God when you’ve “had enough”? Why or why not?
4. Do you prefer silence or noise? Why?
5. What inspired you most about the story of Thomas Merton? What about his story can you apply to your life?

Week 6: Chapter 10–Closing Thoughts

1. Are you happy with the current state of your spiritual life? Are you happy with where you see your spiritual life headed? Why or why not?
2. Determine what you can do to become holier. Do you want to pray more? Do you want to volunteer more? Do you want to read more on topics of spirituality? Then consider what you could do to implement a plan to try one of these acts of spirituality.
3. Finish the sentence: *I am...* Then reflect on your identity. Ask yourself, *What would it mean if I could no longer be a teacher, parent, etc.?* How do you finish the sentence *I am...* without that type of label?
4. Which chapter of *Enough as You Are* resonated most with your work to overcome self-doubt and appreciate the gift of you?
5. After reading *Enough as You Are*, how do you feel your self-image has shifted, if at all?