



ADDITIONAL DISCUSSION QUESTIONS

Welcome to the study ladies! We felt that our book needed some additional questions, so these were written specifically for each chapter. These are not “supplemental” or “extra” questions but are actually part of the study. You will be discussing these in your group each week. The first night nothing needs to be answered, since you will be getting your books that night. The next week, please do the questions for the Intro AND Chapter 1

Introduction

1. Do you have fears that keep you up at night? What is your immediate response when fears pop into your head?
2. Read 1 Corinthians 1:7-9, and then reflect on this quote from the author: “It will never be about who we are or what we can do. It will always be about who He is and what He can do with us.” What do these verses and this quote mean? How should they comfort and encourage us as we seek to put on our warrior boots and live Jesus strong?

Chapter 1

1. Why can distractions be dangerous? Is there ever a time when distractions are okay?
2. What does the author mean when she says that many of us “are spiritually out of shape” (p. 23)?
3. Reflect on this quote: “The world controls our joy levels, the level of our worry and a feeling of security” (p. 22). Do you think this is true of you or of others around you? What is the antidote to this?
4. Has there ever been a time when God awakened you from God-ish living and brought you to the end of yourself?
5. Reflect on this quote: “The hills of life are the gift we never want, the catalyst for growth and sanctification we desperately need” (p. 27). What is your first response when you face a hardship/a hill of life? How should we view these hills of life?

6. Reflect on this quote: "In this life we are all just walking up the mountain and we can sing as we climb or we can complain about our sore feet. Whichever we choose, we still gotta do the hike" (p. 28). What does this quote reveal about how impactful our attitude can be?
7. Where does the author say our strength and rest should come from? Why is this important?
8. On page 31, the author talks about keeping eye contact with God every day. What do you think that looks like practically?
9. Reflect on this quote: "This is us, the believers in Jesus Christ who go our whole life knowing Jesus and yet are not sure we win... How cruel for us to have won victory in Christ but go our whole life never really believing it—to be able, but our internal battle tells us it is not so" (p. 33). Are you ever guilty of this? What do you think gets in the way of believing and walking in our victory through Christ? How can we change these thought patterns?
10. What in this chapter challenged you? What encouraged you?