

DISCUSSION GUIDE

WHEN STRIVINGS CEASE

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INTRODUCTION:

WE'RE MISSING SOMETHING

(WHY WE'RE SO TIRED. WHY WE STRIVE.)

1. Why do you think we often feel as though we are lacking and unable to measure up?

2. Where do you turn for help when you are trying to navigate life? How has that worked for you in the past?

3. What do you think an abundant life looks like?

CHAPTER ONE

BENT AND BROKEN
STRIVING TO PLEASE

1. Why do you think we'd rather limp along than depend on God?

2. What are some things we often do to please ourselves instead of trying to please God?

3. What is the Christian life as described in the Bible? How do you feel when you think about it?



CHAPTER TWO

UNWORTHY
STRIVING FOR ATTENTION

1. Why do you think we sometimes form our view of God based on our experiences with our earthly parents?

2. Why do you think it might be easy for us to have an inadequate and incomplete view of God?

3. In what ways can our pursuit of perfection cause us to pull away from God?

CHAPTER THREE

JUST AMAZING ENOUGH TO NOT NEED GRACE

STRIVING TO BE GOOD ENOUGH

1. When have you chased achievement? What were the results?

2. In what ways does chasing achievement lead to disappointment?

3. What does it look like to “strive in your own strength”? How does that differ from receiving God’s grace?

CHAPTER FOUR

THE WELCOME
WE LONG FOR
STRIVING FOR APPROVAL

1. Why do you think we often long for acceptance and welcome?

2. In what ways does striving lead to pride?

3. Do you think we should hold others to the same standards to which we hold ourselves? Why or why not?

CHAPTER FIVE

PRESSURE TO PERFORM
STRIVING TO SAVE OURSELVES
THROUGH PERFECTION

1. What does it look like to enjoy the gifts God has given you? Why is it important?

2. Why are we unable to “long for the approval of God and others at the same time”?

3. In what ways can self-betterment be harmful?



CHAPTER SIX

THE LUNCHROOM
STRIVING TO BELONG

1. When have you struggled to belong? Please describe your experience.

2. In what ways is fitting in with others different from belonging to God?

3. What does it mean to be redeemed through Christ?

CHAPTER SEVEN

HONOR AND SHAME

STRIVING TO OUTFRUN SHAME

1. In what ways is shame related to discontentment?

2. How are we trying to control God when we allow shame to direct us?

3. What does God's grace do to our shame?

CHAPTER EIGHT

THE GIFT

STRIVING TO HAVE IT ALL

1. What are some of the ways we worship ourselves instead of God?

2. What does it look like to rest in God?

3. Why do you think we might choose doubt and self-sufficiency instead of rest and fulfillment?



CHAPTER NINE

GRACE MAKES NEW, NOT BETTER

1. Why might it be difficult to know that we aren't enough?

2. In what ways are we transformed by God's grace?

3. Why is it important to understand that we will always need God's grace?

CHAPTER TEN

GRACE FUELS GOOD WORKS

1. Why do you think we are unable to fulfill all that would be necessary to satisfy God's holy requirements?

2. What does obedience to God look like? In what ways does it involve our hearts?

3. Why is it important to remember biblical truth when following God?



CHAPTER ELEVEN

GRACE CANCELS OUR DEBT, FOR REAL

1. Why do you think we sometimes feel pressure to reciprocate with more than we've been given?

2. In what ways is a gift different from a transaction?

3. Why is it difficult for us to feel freedom in God's grace when we are struggling with guilt?

CHAPTER TWELVE

GRACE REWRITES OUR STORIES

1. Where are you from? How has that shaped who you are today?

2. Why do you think we tend to focus on the past rather than on what God has planned for us?

3. Do you find it sweet or scary to trust in Jesus, and why?



CHAPTER THIRTEEN

GRACE REPLACES FEAR WITH FREEDOM

1. Why is it important to frequently realign ourselves with freedom rather than fear?
How do we do that?

2. Why is it important to conquer Satan's lies with God's truth? What might happen if we fail to do so?

3. What do you think it means to have a "sound mind and secure identity in Christ"?

CHAPTER FOURTEEN

GRACE MAKES FORGIVENESS POSSIBLE

1. Why do you think we often try to change those around us?

2. Why does acknowledging our own wretchedness help us to appreciate God's grace more deeply?

3. How difficult is it for you to forgive others, and why?

CHAPTER FIFTEEN

GRACE IS ENOUGH TO HOLD YOU TOGETHER

1. What does it look like to be “mature in Christ”?

2. In what ways did your perspective about God’s grace change after reading this book?

3. What would you like to remember about this book?



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