

QUESTIONS FOR TABLE TOPICS

How would you describe your relationships with people right now?



Chapter 1: Loving Yourself So You Can Love Others

How would you describe your relationship with yourself right now (and don't say "fine")?



Chapter 1: Loving Yourself So You Can Love Others

**How do you see self-reliance as a good thing in your life?
As a bad thing?**



Chapter 1: Loving Yourself So You Can Love Others

Where in your life do you see hope, faith, and perseverance that inspires you, like Seth's mom and brother did?



Chapter 2: Do What's Possible

What's a time you gave up on the "possible" because your situation wasn't ideal?



Chapter 2: Do What's Possible

What would it look like to push through a non-ideal situation you have right now to grasp the possible?



Chapter 2: Do What's Possible

What's one situation in your life where you've seen the benefit of slowing down to "get there faster"?



Chapter 3: Running with the Tarahumara

If life is lived one step at a time, what do you feel the next step might be for you? To rest? Move forward? Change course?



Chapter 3: Running with the Tarahumara

**What's a time you've let feelings drive your car?
What if faith took over?**



Chapter 3: Running with the Tarahumara

In what ways might you be protecting yourself, at the cost of relationships?



Chapter 4: The Infinite Game

**In your experience, how does God show himself through other people?
Through you?**



Chapter 4: The Infinite Game

What kind of "team" do you want to build for the long game in life?



Chapter 4: The Infinite Game

Is something or someone trying to take too much oil from you? How could boundaries protect you?



Chapter 5: Start with No

Are there any patterns you want to break in your relationships? Can "no" help you there?



Chapter 5: Start with No

For you, at what point would ending a relationship be the right choice?



Chapter 5: Start with No

Are there any "doors" in your life that may be making you feel locked in or separate?



Chapter 6: The Door Is Open

**What “new experience”
could help drag you
through open doors
in your life to new
possibilities?**



Chapter 6: The Door Is Open

**What are your unspoken
friendship rules?**



Chapter 6: The Door Is Open

**When’s a time in
your life when you’ve
frozen? Why?**



Chapter 7: The Shutdown

**How has people
sharing their trauma
helped you? How could
you help others?**



Chapter 7: The Shutdown

Which numbing coping mechanisms do you tend toward? How can you replace them and redirect them with better ones?



Chapter 7: The Shutdown

In what ways is it a relief that we can't save ourselves, and we fall so short of the mark without Jesus?



Chapter 8: Don't Miss Your Mark

What do you make of your ACE scores? Do they bring up something to explore?



Chapter 8: Don't Miss Your Mark

What resources can you tap into to help you process your past trauma?



Chapter 8: Don't Miss Your Mark

What is a change that might scare or stretch you, but you know you really want?



Chapter 9: Change to Live

How does it help to know that your brain is trying to protect you, and you can coach it?



Chapter 9: Change to Live

How can you be more open to weak ties in your life?



Chapter 9: Change to Live

What has been hardest for you to forgive in another person?



Chapter 10: The Thing I'd Want Before I Die

What is hardest to forgive in yourself?



Chapter 10: The Thing I'd Want Before I Die

How could forgiveness in these areas set you free?



Chapter 10: The Thing I'd Want Before I Die

When / under what situations do you most feel like canceling someone?



Chapter 11: Chaos or Community

How do you think you've been influenced in your beliefs by group-think, or identifying with a social group?



Chapter 11: Chaos or Community

How might the cross of Christ work to overcome divisions in your community and life?



Chapter 11: Chaos or Community

In the “foundations” of your relationships, what do you think needs to be repaired?



Chapter 12: Old Foundation, New House

What hope does it give you to know that God builds new houses on old foundations?



Chapter 12: Old Foundation, New House

Have any dots started to connect for you during your journey through this book? How could God be making your paths straight?



Chapter 12: Old Foundation, New House