

DISCUSSION QUESTIONS

Like a Child: Restoring the Awe, Wonder, Joy and Resiliency of the Human Spirit

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When you look over the chapter titles, which ones are you drawn to? Which ones would you like to avoid?

Introduction

Why do you think Jesus's encouragement to "change and become like children" has not been explored to any great extent?

How do you understand Tim's comment that spiritual transformation calls for a fundamental resetting of perspective and vision?

How does it feel to equate "spiritual maturity" with "childlike qualities"?

Chapter 1

What degree of trust do you have in yourself, others, and God? What has caused you to not trust yourself, others, life, or God? In what areas of your life are you being invited to trust more deeply?

How well do you sit in the chair of your life?

In what ways are you playing it safe?

Where do you sense invitations to be wholehearted?

Chapter 2

What messages did you receive growing up about who you could and could not be?

What are you discovering about yourself that needs to be lived out in your life?

What might it look like to live closer to the truth of who you are?

Chapter 3

When was the last time you were filled with awe and wonder? What evoked this experience?

What would it mean for you to let all of life be a sacrament?

Chapter 4

Through what lens do you typically look at life? Hopeful? Doubtful? Suspicious? Trusting?

How has the way others see you affected you?

In what ways are you being invited to see yourself and others without judgment?

Chapter 5

Bring to mind the last time you became upset. What deep desires or hopes were trying to be expressed in you?

What emotions and desires are unacceptable for you to admit or express?

How would you respond to Jesus's question, "What do you want me to do for you?" What does that say about your deepest longings?

Chapter 6

What are your favorite routines? What routines of heart and mind feel like ruts?

In what arenas of your life are you being invited to cultivate beginner's mind and reimagine your life?

How is your understanding of God and the spiritual life evolving? How is your sense of self changing?

Chapter 7

Describe an experience in your own life when you were forgiven. How did it feel? What did you learn?

What past grudges and resentments are still active in you? Where do you experience them in your body? How has being unforgiving had an effect on you?

What would it mean for you to turn your "rage into light"?

How are you being invited to forgive yourself?

Chapter 8

Describe the last time your body was fully engaged in an activity. What did it feel like? What did

you learn?

In what ways do you allow yourself to be embodied?

If your body could speak audibly, what would its postures, pains, desires, and pleasures say to you?

Chapter 9

Recall the last time everyone had a good laugh at your expense. Could you laugh at yourself? Why or why not? What did you learn?

What would your life look like if you took yourself less seriously?

Chapter 10

What do you make of Tim's comment that play is serious business?

What are your favorite ways to play? What do you get out of playing?

How might you turn play into a spiritual practice? How might your spiritual practice become more playful?

Chapter 11

What are the differences between your "onstage self," and your "offstage self"?

What are the different "selves" in you?

What would it mean for you to accept all that you are?

What denied part of yourself is hunting you down? How might you embrace that part of you?

Chapter 12

What old masks and roles are being stripped away from you? In what ways do they no longer serve you?

What sense do you have of your emerging true self? How does it want to be expressed and lived?

Which glimpses of yourself as a child reveal something about your true self?

What would it mean for you to be more you now than ever before?