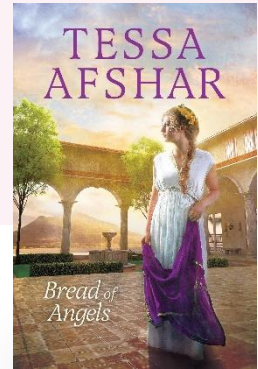




# PARTICIPANT GUIDE

BREAD OF ANGELS  
BY TESSA AFSHAR



“There is nothing in the world so damaged that it cannot be repaired by the hand of Almighty God, Paul had said. And this Jesus was the key to that repair, the door-way to such restoration.”

LYDIA



## DISCUSSION QUESTIONS

1

Q. Lydia and Rebekah's friendship was an unexpected yet glorious gift from the Lord. We see them blossoming and thriving throughout the novel as their friendship supports and builds one another up. Which character did you relate to the most? Why?

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2

Q. "When my father died, I had no one left. Then you came to me, like an anchor, a sister of my own, a gift I did not deserve..." (p200). Here we see Lydia expressing her deep gratitude to Rebekah for her friendship, as well as acknowledging the Lord's part in bringing them together. Has the Lord gifted you with a friend in a time of need? Was the friendship for a short season or life?

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3

Q. Fear is a theme throughout the novel. As an adult, Lydia is still traumatised by her mother's death, and as she grows up, fear takes hold of her heart; "Now fear has made a home in you. You worry about everything" (p111). How does Lydia begin to break the cycle of fear in her life?

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4

Q. The phrase "actions speak louder than words" rings true for us all. How does Rebekah's strong faith influence Lydia's readiness to hear and receive the gospel message of Jesus?

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5

Q. Rebekah is a woman who had endured extreme hardship and sufferings - yet maintained her joy, peace, and hope in the Lord. Can you think of a time of suffering in your own life when these emotions have prospered despite your circumstances?

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6

Q. "Lesser men would have left bitter, filled with hatred. Marcus, she sensed, was a man at peace, unmolested by the storms of rage" (p279 + 309). When we maintain our peace, joy and hope during hardships and sufferings, how does this protect our hearts from bitterness, unforgiveness, and anger? And overall, maintain our faith?



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7

Q. "Sometimes, in the wilderness of life, that is your greatest act of faith. Trusting that God will provide for each day..." (p169). As Rebekah shares the exodus story, Lydia begins to understand how the Lord desires to provide for her and meet every need she has. Rebekah calls this the "bread of angels for my heart..." Can you share a time when the Lord has met a great need of your heart?

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8

Q. We can all be guilty of keeping secrets, sometimes for selfish reasons, yet sometimes to protect others. How can authentic Christian friendships help us to share our secrets in a biblical way?

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9

Q. On page 268, Lydia's purple dye, which was thought ruined, is miraculously restored. It's a beautiful illustration of the tender care our Heavenly Father has for us and His deep desire to take care of the seemingly "little" things in our lives. What has the Lord miraculously restored in your own life?

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