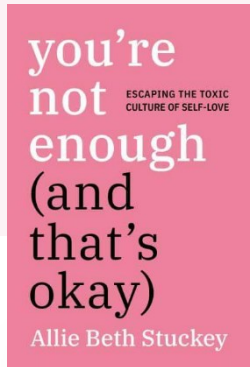




PARTICIPANT GUIDE

YOU'RE NOT ENOUGH (AND THAT'S OKAY) BY ALLIE BETH STUCKEY



"While self-love depletes, God's love for us doesn't. He showed us his love by sending Jesus to die for our sins so that we could be forgiven and live forever with him. Self-love is superficial and temporary. God's love is profound and eternal."

ALLIE BETH STUCKEY



DISCUSSION QUESTIONS



1

Q. What did you find most profound about reading 'You're not enough (and that's okay)'?

2

Q. How does knowing that we aren't 'enough' release us from the pressure of striving for perfection?

3

Q. Is there a myth you had believed before reading this book? What has changed now that you know it was a lie?

4

Q. "When our reason behind our rest is to ensure better service to the Lord and others, we don't have to worry whether or not taking needed breaks is self-centred. It's not" (p46). Discuss.

5

Q. Allie discusses how culture's toxic self-care lies often target new mothers. Why do you think this happens?

6

Q. "The cult of self-affirmation encourages us to grab ahold of our lives so we don't 'lose ourselves'... But when we follow Christ, we are never at risk of 'losing ourselves', because our identity is found in Him." (p47). Discuss.

7

Q. "Marriage is not the goal of the Christian life" (p169). Discuss.

8

Q. "While all valid feelings are real, not all feelings are valid." (p114). How do you manage feelings which you know are real, but not true?

9

Q. "I feared that if I turned to God after the breakup, he would make me sit in my sadness while he healed me." (p22). Did you relate to Allie's experience?

10

Q. "The call for Christians is not to be the best version of their personality type, but to be like Christ" (p107). If you have done a personality test, what was your experience?
