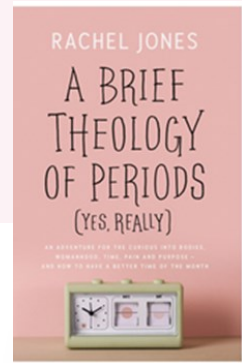




PARTICIPANT GUIDE

A BRIEF THEOLOGY OF PERIODS BY RACHEL JONES



"This book is for women who bleed and women who have stopped; it's for you if you hate your period and struggle through every one, and it's for you if you breeze through your period and have never really given it a second thought."

RACHEL JONES



DISCUSSION QUESTIONS

1

Q. If you're comfortable, share a little about your period experiences with the group.

2

Q. In chapter 1, Rachel describes in detail what happens during the menstrual cycle (p20-23). Many of us don't know much about our periods. What was something new that you learnt?

3

Q. In chapter 2, 'So much pain', Rachel reflects on the reality that periods, childbearing, and infertility hurt and provides biblical answers to the questions of 'why'. What surprised you most about her answer?

4

Q. "If you're one of God's people, there's an end date for your suffering" (p43). How does this give you hope?

5

Q. Rachel asks, "should we own our periods and fight for them to be acknowledged, or should we just power through as though they're irrelevant?" (48). Discuss.

6

Q. In chapter three, 'So Much Mess', Rachel asks, "What's your most embarrassing period story?" (p53). Could you relate to this chapter? Do you have an embarrassing story, or have you felt shame about your period?

7

Q. "There's a wonderful depth and variety to our moods and emotions" (74). Discuss.

8

Q. How could you better physically and emotionally prepare for PMS and your period?

9

Q. "So for God's people today, this is the main way we bring life into the world: not by bearing children but by making disciples (p95)." Whether we're single, married, desire children, unable to have biological children or have many children. How does knowing the great commission is our primary mission encourage us?

10

Q. In chapter five, 'So Little Time', Rachel speaks about our menstrual cycles, the uterus as a 'timepiece', and the realities of menopause. Have you been through menopause, or have you journeyed alongside someone who has?



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