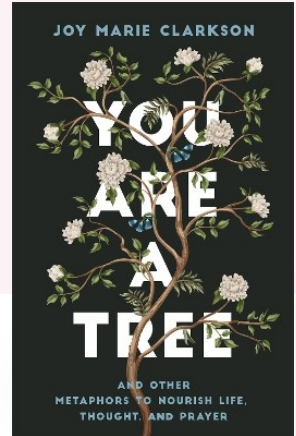




# PARTICIPANT GUIDE

YOU ARE A TREE  
BY JOY MARIE CLARKSON



"This is a book about paying attention - to our experiences, and to the words we use to describe them."

**JOY MARIE CLARKSON**

## THEMES

Stories

Journeys

Metaphor and Language

Faith

Hope

Imagination

Beginnings



## DISCUSSION QUESTIONS



1

Q. What are metaphors and why do they matter? (p17-18)

---

---

---

---

---

---

---

---

2

Q. "As a systematic metaphor for human flourishing, *humans are computers* is both incomplete and unforgiving" (p23). Why is this metaphor problematic?

---

---

---

---

---

---

---

---

3

Q. Do you have a favourite tree, or if you were a tree, what season would you be in? Which section from *People are (not) Trees* resonated with you the most?

---

---

---

---

---

---

---

---

4

Q. "Many of our ways of speaking of knowledge, wisdom and understanding have bound up in them the imagery of light and dark, shadow and beam, night and sunrise" (p63). Discuss Chapter 4, *Wisdom is (not) Light*.

---

---

---

---

---

---

---

---

5

Q. In *Safety is (not) a Fortress*, Joy describes fears such as darkness and descending, in comparison to the safety of a high castle or successful climb. Which do you fear more, darkness or descending?

---

---

---

---

---

---

---

---

6

Q. "What does love look like to you?" (p104). What did you learn about love from the Chapter, *Love is (not) a Disease*?

---

---

---

---

---

---

---

---

7

Q. In the Chapter *Creation is (not) Birth*, Joy says, "Life is made meaningful by the things we say yes to, even though we can't see to what end those things will lead" (p132). What have you said yes to in your life that has brought forth unexpected creativity, faithfulness, or love?

---

---

---

---

---

---

---

---

8

Q. Have you encountered the burdens of depression, grief, sadness, disappointment or shame? What does the weight of your own life feel like right now? How did the Chapter, *Sadness is (not) Heavy* resonate with or encourage you?

---

---

---

---

---

---

---

---

9

Q. How has the metaphor, *Life is a Journey*, helped you consider your life and experiences? Is there anything you would have done differently?

---

---

---

---

---

---

---

---

10

Q. At the end of each chapter in the section called *Thinking and Praying*, Joy suggests works of art; paintings, films, images/text, songs, poems and podcasts, that can help us think about metaphors in new ways. Did you follow any of these prompts? If so, share what you learnt or experienced.

---

---

---

---

---

---

---

---

**Disclaimer:** Thanks for supporting this essential ministry impacting the lives of women the world over! We pray that our Heavenly Father blesses both you and the women you lead. This Leader's Guide has been prepared by Blossoming through Books and is protected by copyright law. Please seek express permission from Blossoming through Books before making copies by contacting [blossomingthroughbooks@gmail.com](mailto:blossomingthroughbooks@gmail.com). Please share your experience and feedback with us!