

Life is Messy

Discussion Questions

Session 1 - pp 1 - 35

1. How would you characterize your life?
2. What are some joys and successes, pains and hurts that have caused you to characterize your life as you do?
3. Where would you like to see more fulfillment in your own life?
4. What do you consider the 'ideal life' for yourself?
5. Can you reconcile that your actual life may never become your ideal life, and be accepting of this? Why?
6. Can you remember a time when something seemed very wrong at the time, but turned out to be a blessing in the end?
7. Have you ever tried to be something you were not?
8. Can someone who has been broken be healed and become more beautiful and more lovable than ever before? (MK)
9. Have you ever gone through very long periods of excruciating suffering? How did you find your way out of it?
10. Is there something or someone who changed a feeling of inadequacy in you to something very positive? How did that change occur?

Session 2 - pp36 - 64

1. Where have you seen evil and/or darkness in your life?
2. How have you dealt with abrupt, significant life changes?
3. How have you dealt with the disappointments by people in whom you trusted/depended/relied?
4. How do I view humanity as a whole?
5. How do I view my own humanity, and how I have offered myself to the world — family, friends, etc.
6. Who am I inspired to become?
7. Is there something or someone who changed a feeling of inadequacy in you to something very positive? How did that change occur?
8. How have the difficult times in your life changed you as a person?
9. Are there hopes & dreams you had that you are glad didn't come to fruition?
10. Do you consider the unexpected to be a curse or an opportunity? Why?
11. Can you think of a time when an unexpected or expected positive event completely changed your life? Was it a positive or negative?
12. Can getting lost be a good thing? Do you view getting lost as inconvenient, frustrating, an adventure or an opportunity? (MK)

Session 3 - pp 65 - 96

1. Do I relish in the life I have — the gift of self, family, friends, etc?
2. How do I define an ordinary life? Am I ok with myself living an ordinary life?
3. How can I let go of the illusion of the 'ideal life' in my mind, and embrace the ordinary life which is mine?
4. Can ordinary be amazing? How? Can I change my view to embrace that?

Session 4 – pp 96 - 127

1. What are my desires for this amazing ordinary life?
2. The Four Absolutes - what do they mean to me, for me?
3. What is my personal philosophy? Write it out; be specific.
4. Concept of Simplicity - Reflect on those, and share. Pp110-112
5. What in my character allows my life to become complicated? Why do I struggle with saying 'no'?
6. Have you ever experienced spiritual depression/desolation? What did you try to do to get out of that feeling?
7. Have you ever felt that life was a race and that you need to slow down? How did you come to that conclusion? What steps might one take to address this?
8. Do we live in a society of love and respect or a society of brutality? (MK)
9. How do you talk to yourself? Is it positive or negative? (MK)
10. What yardstick do you use to measure your actions and make decisions? (MK)
11. Do you have a philosophy by which you choose to live? (MK)
12. Can you identify what the wisest decision you ever made was?
13. Have you ever tried to run away from God?
14. Think about times in your life when you experienced tranquility. What was different? What or who takes away your peace? Is it worth it? (MK)
15. How would your life change if your only goal was to do as much good as possible? (MK)

Session 5 - pp 127 - 152

1. Why am I complacent in my own life?
2. What am I resolved to change — really?
3. Am I discouraged with slow, evolutionary change?
4. Do I now believe that I can have a messy life, but one that is at the same time peaceful and fulfilled?
5. Do I embrace that I have the tools to evaluate myself, my life, and my life circumstances to make changes as necessary?
6. How can we as individuals, help to rehumanize society?
7. Has anyone ever done a small gesture that changed your day?
8. How has "comfort" negatively impacted your life?
9. What inspires you? Books? Movies? Comedy? Music? Nature? Prayer? People? How can you find a way to build this inspiration into your daily routine?
10. What do you do just for the joy of it? When was the last time you did something just for the joy of it? (MK)

11. When was the last time you felt amazing? What would have to happen for you to feel amazing? (MK)

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