

“Following Jesus: Finding Our Way Home in an Age of Anxiety”

Book Club discussion questions

CHAPTER 3: THE CHALLENGE - “LOVE YOUR ENEMIES”

1. *“The original love is the original blessing. The original love is the original acceptance.”* (p. 57) Jesus loves and accepts us before we do anything to earn it. How does this truth shape the way you view yourself? How does it challenge the way you treat others—especially those who are difficult to love?
2. We so often love others like a transaction: I give you something, you give me something. What are some of the deeper reasons we find loving unconditionally so challenging? What makes Jesus’ way of loving so radical? What steps can we take to practice this kind of selfless love in our daily lives?
3. Nouwen asks, *“How can we begin to grow in God’s love and love one another with that divine love?”* (p. 69) Think of someone in your life who could use love this week. What is one simple but intentional way you can reflect God’s love to them?

4. *"There are different ways we can live out God's love. Some of us are very passionate, others are more quiet and hardly noticeable."* (p. 70) How do you naturally express love? How can you step outside your comfort zone to love in new ways?

CHAPTER 4: THE COST - "TAKE UP YOUR CROSS"

5. *"Jesus manifests to us that God is a God who suffers with all of us."* (p. 76) How does knowing that God shares in your suffering bring you comfort? Can you recall a time when you felt God's presence in a difficult moment?

6. *"God came not to take our burdens away but to connect our suffering with His."* (p. 80) How does this change the way you understand suffering? In what ways can connecting your struggles to Christ's suffering bring purpose or hope?

7. What are some of the 'crosses' you carry in your daily life—whether emotional, relational, or spiritual? How do you find strength to carry them?

8. *“God suffered the wound of all humanity... My wound becomes a light burden because it has been embraced by love.”* (p. 85-86) How does seeing your wounds through the lens of God’s love change how you deal with pain? How might you help someone else find comfort in this truth?