

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

## Book Club discussion questions

### CHAPTER 5: THE REWARD - “MY JOY WILL BE YOURS”

1. Nouwen writes that fear can steal our joy by making us cling to what feels safe and predictable. (p. 96) In what ways have you let fear hold you back from experiencing joy? Can you share some examples of how you have chosen joy in the midst of challenges?
2. *“Some of us prefer to be secure and a little miserable rather than insecure and vitalized.”* (p. 97) Have you ever settled for comfort at the cost of true joy? What might it look like to step into a more vibrant, joy-filled life?
3. *“True joy embraces both sorrow and happiness.”* (p. 103) How does this deeper understanding of joy differ from the way the world defines happiness? What are some practices that help you cultivate joy even in difficult circumstances?

4. *"Celebration is, first of all, living out of joy."* (p. 106) What are some small but meaningful ways you can practice celebration in everyday life?

## CHAPTER 6: THE PROMISE - "I WILL BE WITH YOU ALWAYS"

5. *"God dwells in us so intimately that we are becoming manifestations of His glory in the world."* (p. 116) How does this change the way you see yourself? What are some ways you can reflect God's presence to others?
6. *"When we truly believe that God is with us, we don't have to worry about the future."* (p. 122) What are some worries you tend to hold on to? How can you practice trusting God with the unknown?
7. *"Prayer is not complicated. Just say, 'Lord, here I am.'"* (p. 126) How do you approach prayer? How might this simple perspective change the way you think about your prayer life?

8. How do prayer and service help you experience God's presence? How do they shape the way you love and serve others?