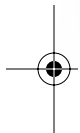




RUTH HALEY BARTON



# LONGING FOR MORE



Bonus Discussion Questions

for Individuals or Groups

  
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## **Bonus Discussion Questions for Individuals or Groups**

In addition to engaging the spiritual exercises found at the end of each chapter, or in their place, you may want to follow a more structured approach to working through this book. The guide below offers questions that can be used for individual reflection and journaling or group discussion.

### **Introduction: An Invitation to Transformation in Christ**

1. Tell about a choice you made that turned out to be a right choice. What helped you make that choice? Or tell about a choice that turned out to be a wrong choice. What were the consequences? What could have helped you make a better one?

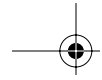
2. What are some of the main influences on you right now as you make choices? How do you feel about the direction these influences are encouraging you to go?

3. How do the practices of solitude and silence fit into your life? In what ways do you feel drawn to be more intentional in incorporating these into your life?

4. What are some of the choices you are facing right now? What can you do to slow down and listen to God as you contemplate these choices?

### **Chapter 1: Finding Our Identity in Christ**

1. Describe yourself in some way that would give others a good sense of who you are. How do you feel about the person you have just described?



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2. Anne Morrow Lindbergh says that a “woman must come of age by herself—she must find her true center alone.” Do you agree or disagree with this statement? Why or why not?

3. What early experiences shaped your feelings about yourself? When did you feel that you were significant or insignificant? When did you feel unique and separate from others? When did you feel “part of the group”? When did you first start to realize that you could make an impact on the world?

4. What kind of information were you given about how the world works? What experience did you have in learning to use that information? Did you have a clear idea of what was right and wrong? Do you feel like the information you were given was adequate to allow you to take care of yourself, or were you led to believe that someone else would take care of you? What impact has this made on your life choices?

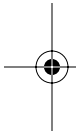
5. In which of the essentials of self-esteem are you deficient right now? What kinds of experiences could you structure in order to begin acquiring these essentials?

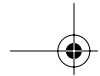
6. Do you feel you are prepared for the time when you may have to journey on with Christ alone? If not, what steps would you like to take to prepare for this eventuality?

**Chapter 2: Saying Yes to God's Purposes**

1. What are some of the gifts, opportunities, burdens and preparations that God is blending together in your life right now? Do you have a sense that God has brought you to this time and place for a purpose? (If your answer is no, don't force it. God will make it clear in his time.)

2. As you think about what God may be calling you to do, what are the limitations you face? How will you approach these areas?





3. What is your plan of action for accomplishing the purposes that God is impressing on your heart? What will you need to say yes to, and what will you need to say no to?

### Chapter 3: Serving God in the Way That He Calls

1. All of us begin collecting impressions of what it means to be male or female long before we learn how to evaluate their truthfulness. In childhood, what were some of the impressions—both positive and negative—that you collected about what it means to be female? What were you taught about how God viewed you as a woman? What thoughts and feelings did you have about these impressions?

2. Now that you are an adult, do you agree or disagree with what you learned as a child about God's view of women and our place in his plan? Explain.

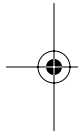
3. If a woman who was searching for the truth about God expressed her impression that "Christianity is a male religion, written by men, for men, with a male God," how would you respond? How would you demonstrate your beliefs from your own experience of God and your understanding of the Scriptures?

4. Has there ever been a time when you felt limited in some way by your gender? How did you respond at the time? How would you respond now?

### Chapter 4: Living in Truth

1. Can you think of a situation in which you felt that the only way to get what you wanted was to be manipulative? What was the result of your manipulation?

2. "Men who stand up for themselves are [seen as] competent and assertive; women who do the same are obnoxious and aggressive."





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Do you agree or disagree with this statement? How comfortable do you feel about your strength at home, at church, at work?

3. Identify a relationship in which you need to do more truth-telling, whether in your everyday communication, regarding your life experiences or regarding issues that affect your relationship. What fears do you have about taking this step? What steps are you willing to take to achieve authenticity in this relationship?

4. Is there a true question, a lingering doubt, something you know about yourself (but have been hesitant to look at) that you need to explore in order to achieve more “truth in the inward being”? Who or what could help you with this exploration? Are you willing to pursue truth in this area?

**Chapter 5: Escaping the Tyranny of the “Never Enough” World**

1. If you had to leave your home as suddenly as Lot’s wife did for physical or moral reasons, what would be the hardest thing for you to leave behind?

2. Tell about an incident during the past week or two in which a television commercial, magazine ad or salesperson “sold to your hidden needs.” Did you succumb to the sales pitch? Why or why not?

3. To which of the dangers of materialism are you most vulnerable?

4. Which of the questions raised in this chapter interests you the most on a personal level? Do you have enough quiet in your life to explore the answers?

**Chapter 6: Cultivating a Marriage That Works**

1. Do you feel that your marriage is “big enough for both of you”? Explain.

2. In what areas have you had to stretch or are you now stretching



to accommodate growth and change in each other? How do you feel this is going?

3. How do you feel about the way you and your spouse make decisions? What happens when you just can't agree?

4. How easy or difficult is it for you and your spouse to discuss problems (such as outside attractions, disappointments with your spouse) in your marriage? Do you have someone to whom you can go for help when you need it?

5. On a scale of one to ten (ten being the highest) how do you feel your marriage is working? How do you think your spouse would rate it? (Go ahead and ask!) What changes would be meaningful to one or both of you? In what areas is your marriage vulnerable to attack?



### Chapter 7: Embracing Our Sexuality

1. What were some of the early messages—positive and negative—you received about sex? How do you think they affected your sexual development? What about early sexual experiences?

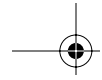
2. How comfortable are you with looking at your sexuality in the context of spirituality? Explain your answer. Is this a new concept for you?

3. What sexual stereotypes have you spotted that have affected your sexual functioning? Can you identify other stereotypes not addressed in this chapter?

4. If you are married, do you feel that you have had adequate information about sexuality in preparation for and during your marriage? What kind of information did you need, or what misinformation caused you trouble? Where would you have liked to get this information?

5. Describe your experiences of being a sexual person in a state of singleness. What was (or is) most difficult about it? What were (or





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are) some ways in which you were (or are) able to be comfortable with your sexuality even though you were (or are) not married?

6. What would you like to communicate to the next generation—your children, grandchildren, nieces and nephews, teenagers in the church—about their sexuality? What would you communicate that was the same as or different from what you were told? Brainstorm practical ways in which this could be done.

**Chapter 8: Experiencing the Transformation of Motherhood**

1. Although the Scriptures tell us that children are a gift from the Lord (Psalm 127:3-5), in today's society they are often viewed as a nuisance or an interruption. Why do you think children seem to be "God's least-wanted blessing"?

2. How does an understanding of God's role in conception and birth affect your view of children? How can we communicate God's view of children to those around us?

3. Practically speaking, what does it mean for you to love your child(ren)? What factors keep us (men and women) from throwing ourselves wholeheartedly into parenting?

4. What are some of the things that only you can give to your child(ren)? What do you need to do to ensure that your children receive these things from you?

**Chapter 9: Finding God in the Midst of Difficulty**

1. What is causing difficulty or pain in your life right now? What are your current patterns of coping with this difficulty?

2. Which of Abigail's character qualities do you admire most? Which would be most beneficial for you to develop in your life right now—especially in relation to the situation you described in question one? (Remember, God doesn't expect you to work on everything at once!)



3. Tell of a time when someone let you in on their pain in a way that was meaningful for you. What impact did that have on you? How difficult is it for you to allow others to see your pain?

4. What do you need to do to keep growing spiritually even though you have this area of difficulty in your life? What good can you see coming from it?

### Chapter 10: Reaching Across Generations

1. Describe a relationship with an older woman that was beneficial to you. What was it about this woman that made you willing to learn from her? What kinds of things did you learn?

2. What are some of the potential pitfalls of such relationships? How can these pitfalls be avoided?

3. In your particular setting and stage of life, how easy or difficult has it been for you to begin and maintain cross-generational relationships? Brainstorm ways that you and others can facilitate these friendships.

### Chapter 11: Being Christ in the World

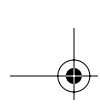
1. What seems most challenging to you about living as Christ in your corner of the world? How do you think Christ wants to live his life uniquely through you at this time?

2. What aspect of the Christ-life is most difficult for you to give yourself to at this time?

- single-minded focus on doing God's will
- relaxing into the process of learning and growing
- speaking the truth or standing for what is right
- moving with compassion
- serving others







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What would be the next step of obedience for you in this difficult area?

3. Looking back over the themes of this book, what are the areas of truth and freedom that God seems to be inviting you into more deeply? (You may want to pick two or three.)

