

# Book Club Reflections



Saved By *Grace* 

# Book Club Reflections

## Chapter One:

1. Where were you during 9/11/01?
2. Talk about a time you found yourself in a crisis situation - either personally or in response to a national or global crisis.
3. What are some of the coping strategies you've learned from experiencing a crisis?

## Chapter Two:

1. Can you relate to Nancy's experience of life not going as planned at a certain time in your own life?
2. What was your immediate reaction?
3. How did your response change as time went on?

## Chapter Three:

1. What did you feel as you read about Nancy's difficult/painful life event in this chapter? Have you ever experienced a similar circumstance?
2. How did this affect your ability to think clearly or make decisions?
3. Did you develop any unhealthy coping strategies as a result?

## Chapter Four:

1. Did you see any red flags in Nancy's life as you read this chapter?
2. Talk about a time when you did or did not listen to your inner voice?
3. What outcomes have you experienced when you ignored that voice?

## Chapter Five:

1. Talk about a time when you've had an out-of-control experience with alcohol or another substance?
2. Have you ever buried a secret because you felt ashamed?
2. Were you ever able to share it with anyone?

## Chapter Six:

1. What was your reaction when you read the scene about Nancy in the hotel room?
2. Have you ever felt trapped or like there was no way out of a situation in your own life?
3. What did you do?

## Chapter Seven:

1. Like Nancy, was there ever a time you compromised your children or family for a career, a relationship, or other life choice?
2. What were some of the outcomes?
3. What are some things you might do differently now?

## Chapter Eight:

1. Have you ever felt like an imposter? Talk about that.
2. What helps you recognize if you are not feeling authentic?
3. How have you grown from that experience?

## Chapter Nine:

1. What did you think about Miranda's new puppy or getting her first car?
2. Have you ever parented from guilt?
3. Did those choices fix the problem in the short term? What about the long term?

## Chapter Ten:

1. How did you feel about Nancy running nonstop from one thing to the next?
2. Do you ever find yourself over-committed (with either positive or negative things)?
3. Do you feel that your self-worth is tied to how much you do?

## Chapter Eleven:

1. What did you think about Nancy starting the new fruit bouquet business?
2. Did you think her efforts would finally be worth it?
3. What were your thoughts about how the public responded to this new business?

## Chapter Twelve:

1. Have you ever been humiliated in public like Nancy was? Talk about that.
2. What were your immediate reactions?
3. Did your reactions change over time?

## Chapter Thirteen:

1. How would you explain what happened when the website crashed immediately following the prayer?
2. Have you ever witnessed a miracle? What was an example of one in your life?
3. How did you respond? Did anyone else witness it?

## Chapter Fourteen:

1. Have you ever worried about what people say or think of you as Nancy described?
2. Talk about a situation where you felt that you were being judged?
3. Has faith in a higher power helped you not feel so alone?

## Chapter Fifteen:

1. What was your reaction to Nancy getting engaged?
2. Have you ever had difficulty discerning what path you should take?
3. Do you ever lean on your faith when trying to make a tough decision?

## Chapter Sixteen:

1. Can you relate to Nancy's struggle to hear her inner voice?
2. Talk about a time when you struggled to make the right decision, but finally did it.
3. How has your faith helped you to keep moving forward?

## Chapter Seventeen:

1. How did you react when Nancy decided to tell the new man in her life about her past?
2. What are some of the consequences you have faced from being honest, partially honest, or dishonest?
3. Has prayer ever influenced your decision about honesty?

## Chapter Eighteen:

1. Have you ever felt attacked in any area of your life (i.e., physically, mentally, at work, or at home, etc.)?
2. Do you believe there is an evil presence influencing the world?
3. How has your faith helped you overcome adversity?

## Chapter Nineteen:

1. Can you believe Nancy broke her back on vacation?!
2. Talk about your experience with negative, critical, or condemning thoughts you've had about yourself.
3. How do you overcome these types of thoughts?

## Chapter Twenty:

1. Do you think Nancy's expectation of working through her injury was realistic?
2. Have you ever had unrealistic expectations of yourself?
3. How do you align reality with your personal expectations?

### Chapter Twenty-One:

1. Can you relate to Nancy trying to control her circumstances and resist surrendering?
2. Do you ever feel that you need to have control over everything in your life?
3. At what point do you turn to your faith for help? What stops you from doing it sooner?

### Chapter Twenty-Two:

1. Did you think that Nancy's story would turn out the way it did?
2. Can you see how grace was at work in every aspect of her story?
3. How could grace change your life?

### Final Wrap-Up Questions:

1. If you could talk to Nancy right now, what burning questions would you have?
2. What parts of her story could you most relate to?
3. Why do you think she chose to write her memoir?

**\*To invite Nancy to join your book club as a guest speaker or to connect with her personally, contact her at [chat@wretchlikeme.com](mailto:chat@wretchlikeme.com).**