

[7 Days of Soul Care](#) Book Club Questions

with Dolly M. Lee

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**2/20/17 Introduction**

For you, what does it mean to be “exceptional in the ordinary things of life, and holy on the ordinary streets, among ordinary people”?

**2/27/17 Day 1: Know God, Know Yourself**

Who or what influenced your perspective of God’s character?

Could you ask God to reveal what experiences affected your view of him? Was it a person? Experience? Media? Book? How does that message about God compare to the God revealed by Jesus and the Bible (God’s revelation to us via different people across hundreds of years)?

**3/7/17 Day 2: Embrace Your True Worth**

What does God tell us through the Bible about our extraordinary worth?

Read [Matthew 6:25–34](#). Which image speaks to you of God’s tender care for you? The lilies? The sparrow? Meditate on it whenever you have a pause, such as when you’re stuck in traffic or waiting in line.

**3/13/17 Day 3: Know Jesus, Know God**

When you read [John 8:1–11](#) aloud, what strikes you about the woman’s situation?

What do you observe about Jesus’s response?

If you were in the crowd (see John 8:1–11) witnessing what happened, what would you have thought or done? Who do you relate to most in the story?

**3/20/17 Day 4: Discern Your Soul’s Condition**

What is one step you can take today to walk in greater freedom from a rock (a lie) or weed (for example, unresolved grief, or ingratitude) in your life? Write it down; tell someone else. Remember, you will progress if you keep walking step by step with God. Don’t compare; each person’s path is unique.

**3/27/17 Day 5: What Trials Can Reveal**

How can we worship God in lament as modeled by many of the psalms (for example, Psalm [22](#), [42](#), 69, and 73)? If you wrote a psalm to God, what would you write?

In many of the psalms, David honestly cried out to God with his anguish, pain, and questions but then he reaffirmed his trust in God and his goodness. But the Bible also includes Psalm 88, which ends in

darkness to acknowledge how we may feel at times. Worship doesn't mean we wear a fake smile before God. Worship helps direct our eyes back onto God instead of our problems. And when we can't worship, God still holds us close.

Sometimes trust is turning our gaze and our broken hearts toward God without words.

**4/3/17      Day 6: Take Steps Toward God**

What touches you about the Parable of the Prodigal Son when you read [Luke 15:11–32](#)?

The prodigal ran from his father and wasted his inheritance. The older brother remained out of duty but not love for his father. Which brother do you identify with more and why?

**4/10/17      Day 7: Rest and Play . . . We can rest and play as we celebrate Easter on 4/16**

What is one truth you can focus on today as incentive to change your lifestyle so you can experience more rest?

For example, God determines your worth, not your work or achievements, so you can rest from excessive work as one way to prove your worthiness.