

## A watercolor illustration of a hand holding a small plant with green leaves and a red flower, symbolizing care and growth. The hand is rendered in soft, blended colors, and the plant has several green leaves and a single red flower with a yellow center. The background is a dark, textured grey.

## This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

# CHAPTER 1

The author uses many different metaphors (a betta fish, trying to repair a car) to describe how she related to her body at different points in her life. What metaphor would you use to express what your body has been to you in various parts of your story? Ten years ago? In childhood?

Are you convinced by the author's argument that we are our bodies? If your physical being were just as highly valued by God as your spiritual self, what would that mean for you?

[illegible]

## CHAPTER 2

The author writes, “All the things that had triggered my disease were just regular aspects of a life I considered ‘normal.’ But did that mean there was a problem with me? Or was the problem with normal?”

Do you find yourself asking this question in your life? What have your experiences of going against the “normal” grain been like?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

## CHAPTER 3

Have you heard the story of the “Sick Woman” that is retold in this chapter before? Which character in the story do you most identify with? Would you be surprised by Jesus’s words and actions? If you had the chance, what questions would you ask him?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

## CHAPTER 4

The author writes about learning to accept her own anger about diet culture, misogyny, and fatphobia. How do you relate to anger in your life? What are your beliefs about how God relates to anger? How can anger serve us when it doesn't have an easy "target" or resolution?

Schedule some time to spend moving your body in a way you enjoy (hiking, dancing, sports, yoga, swimming, art, etc.). Bring a journal if desired. Take a few minutes before fully concluding that activity to pray for or with your body. What does “inhabiting” rather than “using” your body mean to you?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## CHAPTER 5

Did reading this chapter challenge, change, or expand how you think about disability? How?

Do you engage in caring, maintenance, relational, or other work that tends to get overlooked by capitalism? Make a list of those tasks. What would it look like for your labor to be more highly valued?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

## CHAPTER 6

Write down a few important areas of your life (finances, family, career/success, fun/hobbies, etc.). How do you define “enough” in each of those areas?

With a friend or family member, talk through any areas that need more consideration.

Does your current allocation of resources to each area match with your personal definition of “enough”?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

## CHAPTER 7

The author shares that “intense feelings of pain, failure, and shame [are] actually universal features of the human experience of loneliness.” Did you feel you could relate Medford’s descriptions of loneliness to a time in your life?

What feelings came up as you read the retellings from Jesus's life in this chapter?

[illegible]



## CHAPTER 8

The author writes that “community ultimately forms out of two ingredients: time and trust.” Do you agree? Have you experienced these ingredients (or any additional ingredients) in your communities?

Choose one relationship where you'd like to invest in greater consistency. What's one small step you could take to tangibly show your care or to be in touch more regularly?

[illegible]

## CHAPTER 9

This chapter leaps from considering the health of the entire planet to studying bacteria inside a single human gut. Did the experience of reading this chapter make you feel more overwhelmed or less overwhelmed?

What might it look like to take a cue from the earth's processes of change and healing in one small area of your day or your life?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

## CHAPTER 10

The author quotes activist and author adrienne maree brown, who says, “What we pay attention to grows.” Have you ever experienced this? What have you paid attention to today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## CONCLUSION

How do you relate to the idea of “hope”? Has that changed in recent years?

[illegible]