

Back Pew Book Club presents
One Thousand Gifts, by Ann Voscamp
-reflection questions-

1. Have you ever practised writing a gratitude list? If you have, what has been your experience? Does practising gratitude bring you a bit of freedom, more joy or peace, or improve your relationships? Does it impact your health (physical, psychological, or spiritual)? Does it help you sense the presence of God more?
2. What moments in your life do you wish you could "weigh down"?
3. How are you doing with giving thanks for the not-so-great experiences in your life? Or as Ann says the "ugly-beautiful"?
4. Like Jacob wrestling with the angel (page 136), have you ever raged at God in anger? Do you feel free to bring your demands to God? What is your experience around this? Do you believe God can handle your hard questions, and your darkest doubts?
5. If the "Glory of God is people fully alive", how are you doing at living fully alive? What does that mean to you?
6. On page 218 Ann shares a poem by Teresa of Avila that Tanya read aloud. How does this poem relate to your experience of God? Do you "enjoy" God?
7. Ann writes "The feeling of joy begins in the act of thanksgiving". How do you respond to this idea?
8. On the continuum from stark realist to dreamy idealist where do you fall? Do you count only beautiful hopeful things and live in denial of the painful rotten things? Or tend toward the opposite? Are you working toward balance in this area, or are you content to remain where you are?
9. Do you have a few people in your life with whom you can be vulnerable? Can you use your voice when it comes to your faith? Are you a friend who can hold this kind of safe space for others?

