

## Book Club & Study Questions

### *UNbroken: A True Story of Hope in Starting Over*

1. In what way did UNbroken expand your understanding or challenge your assumptions?
2. Was there something especially surprising about this story? What was it and why?
3. What lesson can you take away from any of the stories or character's lives in UNbroken? What makes it important to you?
4. Is there anything in UNbroken to which you can personally relate? Your own life? An event? Another person you know?
5. How has UNbroken broadened your perspective regarding difficult issues – personally, spiritually, financially, behaviorally or socially? Is there any advice or ideas you can apply to your own life?
6. Which emotions stood out while reading? How do you normally handle difficult emotions? What or who do you turn to first? Does it help? Did UNbroken provide any new insight for you?
7. Through life's disappointments, it's not uncommon to experience feelings of anger or depression, unforgiveness or bitterness, regrets or guilt - Do you struggle with any of these? Towards yourself or another? If so, how long have you harbored it? Do you have any unmet needs requiring attention before you can forgive yourself or another? Did UNbroken provide any new prospective?
8. Which passages struck you as significant or left a lasting impression? What did you highlight or underline? Do you have any dog-eared pages?
9. Which portion(s) of the story was most interesting and captivated your attention? Did the story promote a change in behavior or encourage you in any way?
10. Did UNbroken stir a deeper desire for intimacy with the Lord? Has it inspired you to seek God first and claim his promises over your life? If so, how can you implement it?
11. What did you glean from seeing God's promises in action? Did it inspire your own faith in a tangible way? How so?
12. Are there any broken or shattering moments in your life you'd like to invite Jesus Christ into? If so, what are they? Would you be willing to ask him to be the one in control?

### **Additional - Deeper Study Questions:**

13. Who or what do you usually put your trust in? Have you ever been let down? What new revelations or thoughts did you receive that were helpful to you?
14. Who's approval do you find yourself seeking? Does it always satisfy? Did UNbroken inspire any new direction or focus? If so, what?
15. What are some of the labels you wear? Did yourself or another give them? Do the labels encourage or motivate you to be all you were created to be? If so, what are they? If not, what are they? Do you believe them? What kind of labels does God give you in his Word?
16. In the gospels, Jesus asked, "Who do you say I am?" – who do you say Jesus is in your life? Would you be willing to Give God a chance to be more than He is to you right now? Have you asked God the same question, "Who do you say I am?" Would you be willing to let God show you who you are to Him in his Word? Would you be willing to personally explore why Jesus died on the cross for you? Why or why not?
17. Have you been abused, betrayed, abandoned, or rejected? Would you be willing to let God bring healing? Have you asked him for his help? Do you believe he hears you and will answer? Why or why not? Did UNbroken inspire hope or courage in this area? In what way?
18. Have you ever had to face a situation, which seemed bigger than you? What was it? How did you deal with it? What was the outcome? After reading UNbroken, would you handle it any differently going forward? If so, how? If you have not dealt with it yet, what is holding you back?
19. How do you currently combat negative thoughts? What scriptures and promises from God could you use to replace them? In what ways can they encourage you and give you hope? Why? What promises of God and words of truth can you speak over yourself and your loved ones each day?
20. Are there painful secrets in your life? What is keeping them held in? Would you like to be set free? Jesus said, "... the truth will set you free." Would you be willing to ask the Lord of all truth, Jesus Christ, into the situation and for his guidance in finding healthy support and help?
21. Do you struggle with fear, anxiety, or worry? Are you currently in a situation where you are dealing with abuse or a dangerous situation? If so, what actions are you taking to protect yourself or others involved? If you have already dealt with an abusive or dangerous situation, what have you done to insure it does not happen again?
22. If you were to step into your own 'Promise Pants' what scripture verses or words would you want printed all over them? Why? What would they be helping you get through or overcome?

23. Do you see 'God' as larger or smaller than your problems or circumstances? Would you be willing to give God a chance and ask him to be in charge - to take over the driver's seat? Would you be willing to spend time each day seeking after God's heart, direction, and guidance? How would you initiate this?
24. For those who have experienced feeling broken or shattered, what words or stories are written on the tiles in your life? Would you be willing to let God take your brokenness and make something new and beautiful out of it? Do you believe Jesus wants to pour his love into you and let you shine brightly? Why or why not? What does God's Word say about this? Would you be willing to make a choice to give God a chance - to ask Jesus Christ, the one who died on a cross for you, to come into your life and/or your circumstance(s)? If so, write a letter to God, inviting him into your heart, life and/or situation(s). Then quietly listen to him and allow God to speak to your heart.

My personal words to you, the reader:

No matter what you are facing, I encourage you to ask God for his help, to prayerfully lay your concerns at his feet, and to courageously trust him to answer. Psalm 50:15 (NLT) says, "*Call on me when you are in trouble, and I will rescue you.*" The Lord wants you to be set free from the things that seek to kill, steal, and destroy your hope. He wants to be close to you. He wants you to know him! Revelations 3:20 (AMP) says, "*Behold, I stand at the door and knock; if anyone hears and listens to and heeds My voice and opens the door, I will come in to him and will eat with him, and he [will eat] with Me.*" What do you hunger for? Is it love and approval; compassion or healing; safety or provision; empowerment or courage; salvation and freedom? The Lord is ready and willing... God will never force his love, but always give his love; it's up to you to choose him.

When we ask Jesus Christ to be our personal Lord and Savior, he promises the gift of the Holy Spirit to dwell within our hearts. He is there to guide and direct our path, navigating us through each and every day and circumstance, loving on us when we least expect it. I challenge you to spend quiet time alone with the Lord and ask him to talk to your heart. Ask him to show you the specific promises he has in his Word for you, promises to encourage you and give you hope. Write them down and reflect on them often... I am so proud of you, for choosing to give God a chance!

Wendy Baisley Roache, Author/Speaker  
*UNbroken: A True Story of Hope in Starting Over*  
[www.unbrokenhope.com](http://www.unbrokenhope.com)

*"No matter how broken or shattered we are, God's love is the mortar that puts us back together... He makes all things new, His promises are true, and He's only a choice away."*