



{Mom's Blueberry Crisp}

What is your family's food heritage? What kind of food did you grow up eating?

Was there something that was a treat for your family to eat? (like Shauna and ice cream...)

{What The Table Is For}

"I can't imagine life without a table between us." (pg. 30)

- What connects you and your people?

Have "your people" changed in different seasons of your life?

{Hungry}

"There are two types of people in the world: people who wake up thinking about what to have for supper and people who don't." (pg. 34)

- Which type of person are you? Have you always been that way?

"Always hungry, always ashamed." (pg. 34) What feelings do you associate with being hungry?

Can you identify with Shuana when she says, "the heaviest thing isn't the number on the scale but the weight of shame I've carried all these years – too big..." (pg. 35)

- What are you ashamed of?
- What in your life currently causes you to feel shame?

"What matters is that one of the ways we grow up is by declaring what we love." (pg. 38)

- What do you love?

“Part of being a Christian means practicing grace in all sorts of big and small and daily ways, and my body gives me the opportunity to demonstrate grace, to make peace with imperfection every time I see myself in the mirror. On my best days, I practice grace and patience with myself, knowing that I can’t extend grace and patience if I haven’t tasted it.” (pg. 36)

- How do you practice grace in your own life? What area do you need the most grace? **(great journal prompt)**

{Start Where You Are}

What areas in your life do you need to “start where you are”? (pg.40)

Are you comfortable having people in your home? Cooking for people? Why or why not?

How do you make people feel comfortable in your home? Does the tactic change depending on the person?

Do you have any kitchen/cooking disasters? Successes? Things you want to try?

{Go-To Risotto}

Have you ever felt not “Martha Stewarty” enough to entertain or feed the people you love?

How can you combat those feelings?

{Enough}

What do you (mistakenly) believe would make you happy?

“You’ve been celebrating with me, and I’ll be here to grieve with you. We can do this together.” (pg. 57)

- This was a beautiful example of community in action. Have you ever received or given this type of grace and comfort to someone else?

“It’s not wrong to want another baby,” Shauna decides. “But there’s a fine line there, and I feel I’ve crossed it a few times.” (pg. 58) Is there something in your life that pushes you “into that terrible territory where you can’t be happy”? (pg. 58)

{The Chopping Block}

“I was reminded once again...that when you do things you care about, you find quick kinship with people who are passionate about those same things.” (pg. 62)

- Have you experienced this? What are you passionate about? Has that lead to any sort of community?

Shauna learned how to make stocks, use knives properly, and butcher meat (among other things) from her cooking boot camp experience. Her conclusion: “...we learn by doing.” (pg. 65)

- Do you think this applies to your spiritual life? In what ways have you learned “by doing” in your walk with God? (**good journal prompt**)

{On Tea and Friendships}

Do you feel like Shauna or the musician for which touring was a “needle in the vein”? (pg. 69)

Not many of us have been on tour, but has there been a season in your life that you were constantly on the go? How did that make you feel? How did that impact your relationships? Your relationship with God?

Have you ever experienced that need to be fed, whether physically or spiritually?

Shauna realized she needed to rest when she “didn’t really stop, listen, feel.” (pg. 70) How can you tell you need to rest? How do you rest? Is it easy to let yourself rest?

{Run}

“But I have also long held the belief that one’s tears are a guide, that when something makes you cry, it means something. If we pay attention to our tears, they’ll show us something about ourselves.” (pg. 74)

- What makes you cry? What does that show you about yourself?

“I want so badly to release my stronghold on my plan, my way, my calendar. I want to be the kind of Christian who really does believe God holds the future and that even my best guesses are just that. I want to live without anxiety, fear,

and deadlines. But it seems that every chance I get, I grab back those pretend reins and allow myself to believe the myth that I'm in control." (pg. 75)

- Are you a planner? What plans are you holding on to?

Shauna lists marathon running and giving birth as two things that "had connected [her] to [her] body in a new and meaningful way." Has there been anything in your life that has give you "new respect for your body, for what it could do, for how strong and powerful it was"? (pg. 78)

Niequist, Shauna. "Bread and Wine." Zondervan . Grand Rapids, Michigan. 2013.

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