

FAITHPOINT BOOK CLUB

August 2017 Selection

***Only Love Today* by Rachel Stafford**

With a flexible, non-dated structure, *Only Love Today* is perfect to pick up at any time of the year and find hope and encouragement to address your current challenge or need—family, parenting, relationships, finding peace in a stressed out world. Stafford offers you strength and vision for a new and more connected way to live. This is a timeless book of inspiration to remember and live for what really matters

ISBN 9780310346746

Discussion Questions:

1. What situations in your life have you felt the need to “soften” your response?
2. What are some practical ways you are learning to replace worry with trust?
3. Which of the seasons feature in the book is most difficult for you personally? Why? What can you do for yourself to fully embrace that season?
4. What hinders you from loving yourself? How might showing love to yourself equip you to love others in your life?
5. Where are you drawing your daily inspiration?



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6. Look back at some of the more difficult seasons in your life. Thinking through themes of the book, what new meaning do you find in those difficult times?
7. Are you a “noticer” or know someone who is? What do you notice and find importance in that others seem to disregard?
8. What is something you can let go of that might be hindering you from living in the moment?
9. In the chaos of the everyday, how are you finding ways to seek goodness?
10. Describe the freedom found in living from a “blank page.”

Help others with their decision to read this book by simply leaving your comments and reviews online at <http://www.booksamillion.com/p/9780310346746>

Recommendations:

- If you liked *Only Love Today*, you might like *You Are Free* (<http://www.booksamillion.com/p/9780310345527>)
- You might also enjoy *Grace, Not Perfection* (<http://www.booksamillion.com/p/9780718085223>)