

FAITHPOINT BOOK CLUB

May 2019 Selection

***It's Not Supposed to Be This Way* by Lysa TerKeurst**

What do you do when God's timing seems questionable, His lack of intervention hurtful, and His promises doubtful?

Life often looks so very different than we hoped or expected. Some events may simply catch us off guard for a moment, but others shatter us completely. We feel disappointed and disillusioned, and we quietly start to wonder about the reality of God's goodness.

Lysa TerKeurst understands this deeply. But she's also discovered that our disappointments can be the divine appointments our souls need to radically encounter God. In *It's Not Supposed to Be This Way*, Lysa invites us into her own journey of faith and, with grit, vulnerability, and honest humor, helps us to:

- Stop being pulled into the anxiety of disappointment by discovering how to better process unmet expectations and other painful situations.
- Train ourselves to recognize the three strategies of the enemy so we can stand strong and persevere through unsettling relationships and uncertain outcomes.
- Discover the secret of being steadfast and not panicking when God actually does give us more than we can handle.
- Shift our suspicion that God is cruel or unfair to the biblical assurance that God is protecting and preparing us.
- Know how to encourage a friend and help her navigate her realities with real help from God's truth.

ISBN 9780718039851

Discussion Questions:

1. According to Lysa, we all live in the midst of unmet expectations which creates disappointment. What is an unmet expectation you are currently facing?
2. Do you resonate with Lysa when she talks in Chapter 1 about “wrestling between faith and feelings”? What does the phrase “wrestle ell” mean to you?
3. Ponder the metaphor of “dust” that Lysa writes about in Chapter 2. Have you ever allowed yourself to acknowledge that some of the hard areas of your life need completely new beginnings, not just mending? If this is new for you, how does it change your perspective of life and of God?
4. In Chapter 3 Lysa writes, “God doesn’t want to be explained away, he wants to be invited in.” Are you inviting God into your disappointment? How? He wants to be there!
5. Has your worst fear come true in your life? If so, how does Lysa’s story encourage you? If it hasn’t, do you think you would survive if it did? How does Lysa’s honesty encourage you?
6. How are you giving power to your own fears? What are some tangible ways you can remind yourself that you have control over the power you give to your fears?
7. Think about Lysa’s words: “perfection intimidates, compassion inspires”. In what ways are you attempting to appear perfect towards others? Has that helped or hurt relationships? In what ways could you show more compassion to those around you and to yourself?
8. Re-read the verses Lysa lists on pages 102 and 103. Do you believe these verses are true? If so, what do they say about the seasons of life that feel unbearable? And more importantly, what do they show you about the character of God that is true, especially during those seasons?



BOOKS • TOYS • TECH • MORE

9. “A heart hungry for something to ease the ache of disappointment is especially susceptible to the most dangerous forms of desire.” Are there people/foods/experiences/etc. you are using to ease the ache of disappointment rather than facing your wound head on? How might this be damaging you, hurting others, or giving power to the enemy?

10. Sometimes, in various seasons of life, we forget we aren’t alone. Who do you need to share your tears with? Do you need to set a reminder to regularly share your disappointments with a few trusted friends so you can remember the truth that disappointment is part of being human and that we have each other?

Review or Comment about this book:

Help others with their decision to read this book by simply leaving your comments and reviews online at <http://www.booksamillion.com/p/9780718039851>

Recommendations:

- If you liked *It’s Not Supposed to Be This Way*, you might like *It’s Okay Not to Be Okay*
(<http://www.booksamillion.com/p/9780801078002>)

- You might also enjoy *Embraced*
(<http://www.booksamillion.com/p/9781400310296>)