



Groaning in Labor Growing in Hope

Book Group Discussion Guide

Session 1: Read Introduction & Part I (pages 1-26)

Questions to consider:

- How has motherhood challenged you? What challenges did you not anticipate?
- How has God been present to you in the utter newness of the season of motherhood?
- How do you see God in your children? What about in yourself as you grow into your motherhood?

Session 2: Read Part II (pages 27-48)

Questions to consider:

- Which of these biblical companions resonates most with your experience of motherhood thus far?
- What other biblical or saintly companions have been helpful to you?
- Talk about your real-life companions in motherhood. Which family members or friends affirm that you are not alone even when this is hard?
- How could you cultivate further community even in a season that demands so much of your time and attention?

Session 3: Read Part II & Closing Benediction (pages 49-74)

Questions to consider:

- How could the author's practical strategies serve you in your current moment of motherhood?
- What other strategies help you find peace and joy when it's not easy? How might they be invitations to both take care of yourself and to encounter God?
- How could you make space in your heart for God to surprise you with joy even amidst your moments of struggle?