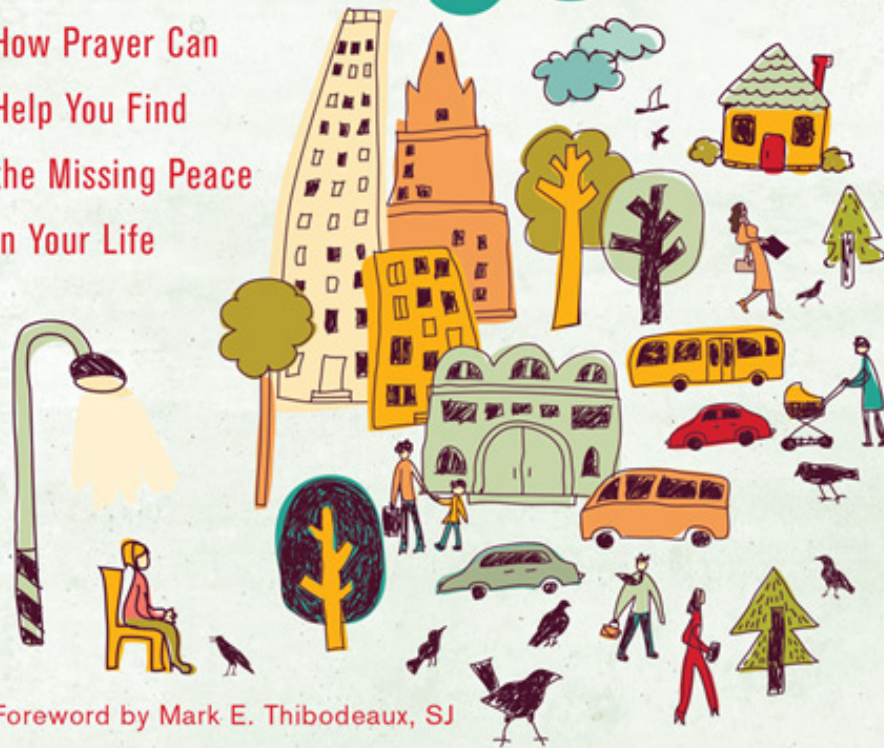


# Busy Lives & Restless Souls

BECKY ELDREDGE

How Prayer Can  
Help You Find  
the Missing Peace  
in Your Life



Foreword by Mark E. Thibodeaux, SJ

## Discussion Guide

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 1

1. Discuss what “restlessness” means to you. Is it a helpful feeling? Does it get in the way of anything?
2. How do you feel restlessness manifests in our culture today?
3. What is your familiarity with Ignatian spirituality? What do you think of what you learned about St. Ignatius?
4. What prayer methods do you enjoy right now? What did you enjoy as a child? Name any books, saints, classes, Scripture, teachers, etc. that brought you to these prayers.
5. What words describe your current prayer life? What words do you *wish* described your prayer life? Share some thoughts on connecting those two questions.
6. Are you experiencing restlessness of any kind right now? How so? What might God be saying to you about the restlessness you feel?

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 2

1. This chapter talks about the time of your prayer, the space of your prayer, and the method of your prayer. Which of these is the easiest to find? The hardest?
2. Share the place of your most powerful prayer experience. What about that place connected to you spiritually?
3. How could you fit the Prayer of Consideration into your daily life?
4. What makes it easy to pray in family life? What makes it difficult?
5. Do you prefer formatted prayer (such as memorized prayers) or spontaneous, creative prayer? What about these methods works for you or doesn't work for you?
6. What might some of your thin spaces be?

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 3

1. How do you define “you”? Choose three titles, three adjectives, and three verbs. Describe someone else with three titles, three adjectives, and three verbs. Discuss the similarities and differences in your answers.
2. How did you define “you” ten years ago? What do you hope to say ten years from now?
3. Share a story of a person whose faith called you in a way that stopped you in your tracks.
4. What gifts in your life can get in the way of making God the center of your life?

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 4

1. Share a time when you asked, “How could God let this happen? Where is God in all this?” Were you eventually able to see God in the situation? Are you still looking?
2. What people, places, or things really help you see God in your daily life? With kindness, what people, places, or things make it difficult to see God?
3. If a mother of six can pray the Examen in her driveway, when and where could you pray? How does this compare with your ideal prayer time and space from Chapter 2?

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 5

1. Share a time when you felt sure about what God was saying to you. What did that feel like?
2. Who in your life taught you that you were lovable? Who taught you how to love?
3. What activities do you take time to practice? What do you do to cultivate relationship with a person? How can you use these practices in your relationship with God?
4. What is your relationship with Scripture? Everyone has a different level of familiarity with the Bible. Discuss your different experiences of Scripture study and praying with Scripture.

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 6

1. Did you ever feel a call to “resuscitate your life,” or something similar?
2. What do you feel opens you to receive God’s mercy? What do you feel closes you to receiving God’s mercy?
3. The dark realities on pages 70–71 can be hard to confront. Share what are some of the hardest to consider.
4. How could we be encouraging to someone facing their own dark realities?

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 7

1. Who is Jesus to you? What is your mental image of him?
2. On page 91, it says that the cost of discipleship is transformation. Does that make you feel hopeful, scared, or confused?
3. Do you relate to Jesus differently than you relate to God the Father? Why?
4. On page 88, there is a description of being a “contemplative in action.” What does that mean to you, in your life?
5. What will keep your wick in the oil?
6. Where do you feel you are called to bring light out into the world?
7. What is a vocation? What is your vocation?



# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 8

1. Do you remember a “tough spot”?
2. Remember a time when you felt God say “no.” What was that like?
3. As you reflect on these times in your life, what helped you wait in hope and remain hopeful?
4. Discuss what a “treasured sorrow” means to you.
5. In the Gospels, Peter frequently had moments of doubt. Yet, Jesus puts his trust in Peter to build the Church on earth (Matthew 16:13–16, John 21:15–17). If Peter was an imperfect vessel called to a great mission, what does that mean for you?
6. Many different types of prayer were introduced in this chapter. What methods were helpful? What methods will you keep with you?

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 9

1. What is a situation you are in right now in which you need to decide your “greater yes” or your “next right step”? Is it easy or difficult to find?
2. The “Take, Lord” prayer on page 105, also called the Suscipe (SOO-shee-pay) Prayer, is short but challenging. How does it challenge you?
3. The four steps of discernment sound a lot like the scientific method. Is this practical approach to prayer helpful to you? Is it not?
4. Are you familiar with spiritual direction? What is your experience? Is it something you would want to seek out for yourself?

# Busy Lives & Restless Souls: Discussion Questions

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## Chapter 10

1. How has your prayer life changed since reading this book?
2. In light of reading *Busy Lives & Restless Souls*, what do you want to do differently? What are actions or steps you want to take?
3. What lingering questions do you have? What topics do you want to explore more?
4. What would it be like to meet Jesus on the road to Emmaus? What would it feel like to recognize him?
5. On page 126, it says, “The time for prayer is now. God will meet you where you are and work within the reality of your life to bring you closer to God. God meets you, all of you, in all of your life.” Discuss what this means to you. Was your answer different before reading this book?

**If you are looking for a retreat to use with *Busy Lives & Restless Souls*, please visit Becky’s website:**

**[www.beckyeldredge.com](http://www.beckyeldredge.com)**