



HORSES SPEAK OF GOD

HOW HORSES CAN TEACH US
TO LISTEN AND BE TRANSFORMED

Discussion Questions
from author LAURIE M. BROCK



1 Words

1. What words of a prayer, a quote, a song or a hymn, are particularly meaningful to you? What feelings, memories, and experiences do you associate with those words?
2. Laurie uses the phrase, “Because I ride Izzy,” to capture a particular set of feelings and emotions that enable her to express her faith in a certain way that words don’t truly explain. Do you have a phrase that you use to capture a feeling that can’t be easily expressed?

2 Movement

1. Riding is a strange dance of stillness, balance, and movement, as is life. Reflecting on your journey, when have you been still, when have you discovered your balance, and when have you been moved into some new awareness or understanding?
2. When have plans for a situation in your life changed suddenly? What happened? How did you respond? How do you feel about the change now?

3 Steadfastness

1. How would you describe “easy faith” and your desire to have this type of faith in your life?
2. Reflect on a time you’ve engaged in the mystical practice of boredom. How have you experienced this mystical practice in your spiritual life? What have been its effects?

4 Fear

1. What scares you in life, in your relationships, and in your faith?
2. How have you been fearful in the midst of faith?



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5 *Vocation*

1. Reflecting on your life thus far, what moments can you identify where you now see you were focused too much on what you weren't instead of on what you could do?
2. What are the treasures of true self you already possess? How are you expressing these in your life?

6 *Balance*

1. Laurie shares ways in which, both in horseback riding and in a life of faith, she feels her balance being checked. How do you check your balance in life and in faith?
2. One of the most challenging teachings of Jesus is to love our enemies. Who are your enemies? How do you tangibly express love for them?

7 *Routine*

1. Have you memorized any prayers or verses of Scripture, or do you participate in any regular prayer practices that are parts of your daily life? How do they work to strengthen your spirituality?
2. How does routine keep us grounded, and how can it also keep us stuck? What are your experiences with both of these aspects of routine?

8 *Collect*

3. When have you felt emotionally sprawled out, spread too thin, and uncollected? What spiritual practices help you collect yourself?
4. Have you experienced God collecting you, as Laurie did when she was at the barn that morning? What happened, and how did it move you back into yourself?

9 *Blame*

5. What is your experience with blame, both blaming others and being blamed for something?
6. What do you think about Laurie's statement, "What we do with blame can be holy or harmful"? Have you experienced blame that was transformed into something holy or into something harmful?



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10 *Deep*

7. Read the book of Jonah (or re-read Laurie's summary of it). What do you think of Jonah's behavior? Can you relate to his sitting deeply in his own anger?
8. What real parts of yourself might you need to connect with?

11 *Still*

1. Laurie writes about the seductiveness of simplicity of grief. How do you understand that phrase? How have you experienced it in your life and faith?
2. Why is sitting still a necessary practice?

12 *Trust*

1. Have you ever been part of a trust walk? If so, what was your experience?
2. Laurie writes, "Trust is about feel." How do you understand that sentence? What are your experiences of feeling trust in God?

13 *Dislodged*

1. When have you been dislodged in life? What happened? How did it impact your relationships with others and with God?
2. Laurie recounts a time she bucked in response to a relationship that felt oppressive to her because of a lack of respect for her boundaries. Reflect on a time when someone didn't respect your boundaries. What happened? What did you learn?

14 *Humility*

1. How do you define humility?
2. How have you encountered perfectionism in your life, perhaps in your faith community? How does humility provide a counter to perfectionism?



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15 *Envy*

1. When have you felt envious of something or someone? What were the circumstances?
2. What did/do you learn from your envy?

16 *Love*

1. Laurie describes her experience of riding in Kentucky as realizing she found something she had no idea she was searching for. Have you had that experience? What was it like to discover this thing that was missing from your life?
2. "Faith and love seem to grow best in the dirt of not knowing." What are your thoughts on this observation by Laurie?

17 *Words (again)*

1. Laurie observes that humans are spiritual and connected to spiritual expression. She finds this expression most evident in her relationship with horses. Where do you find yours? What are the similarities between your expression and Laurie's relationship with horses? What are the differences?
2. How do you allow your emotions and physical expressions to listen to God?

