



## Book Club Discussion Guide




Hey there!

Thank you so much for grabbing a copy of *Good Enough* and taking the time to dive deeper into it. Before you get started, I want to share a quick prayer I wrote to help you begin your conversations as a group each week. (You're welcome to journal the questions on your own, as well!)

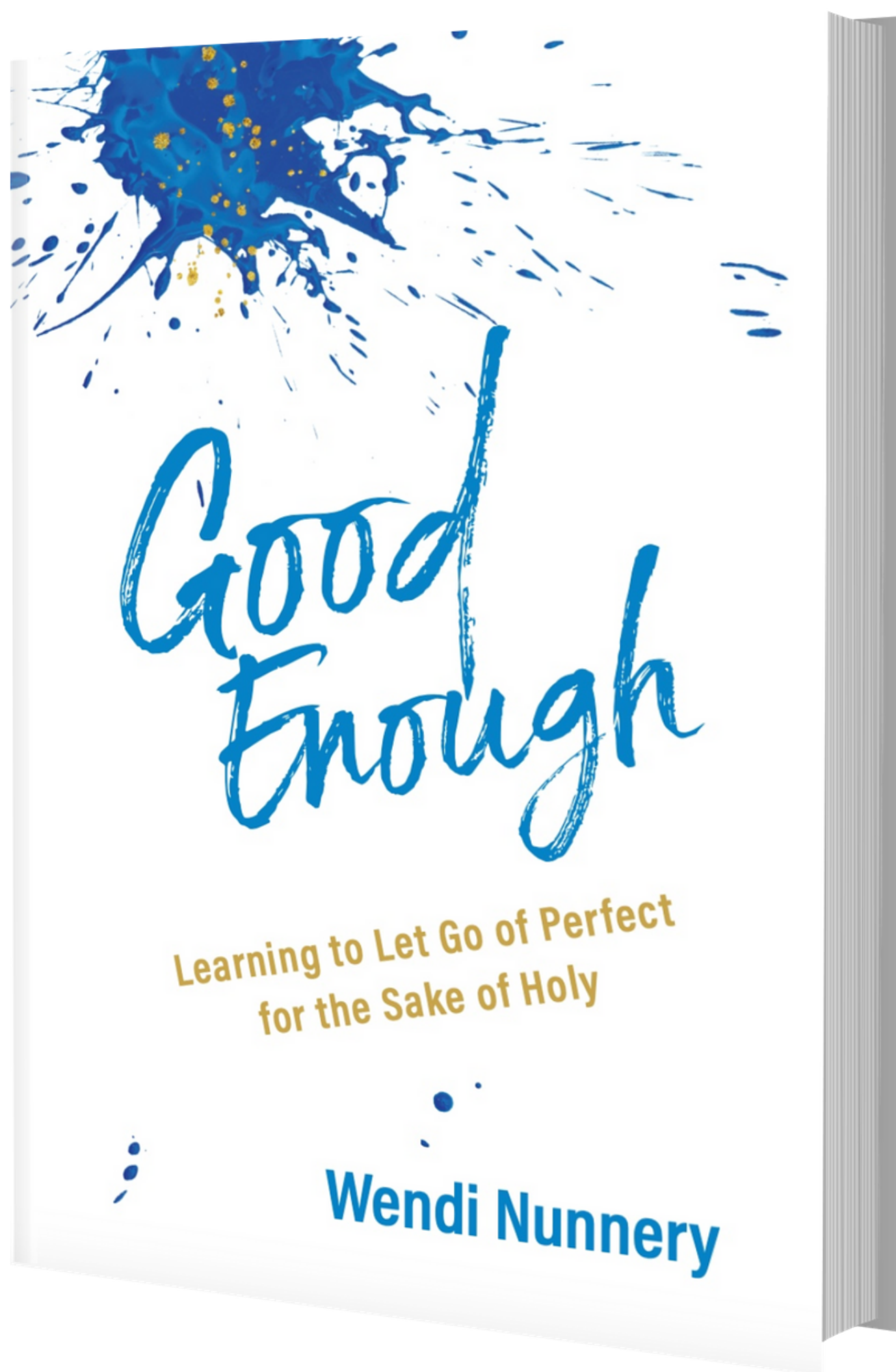
Dear Jesus.

Thank you for bringing us here together to learn more about who you've made us to be and what goodness is already inside of us. We pray that you will make us keenly aware of the perfectionism in our lives that keeps us from knowing and loving you, and help us to accept, and celebrate, the holiness that belongs to us as your children. We are grateful for the discussions we'll get to have here and we ask that you bless them with truth, joy, and love.

Amen



This study is designed for 4 weeks of reading. Each section is divided in the same way as the four sections of the book. You'll find the reading guides at the beginning of each section. I hope you enjoy it!



**Purchase *Good Enough*  
wherever books are sold!**





# Week 1: Learning the Rules

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## Read: Chapters 1-5

- 1) As you begin your reading of the book, what comes to your mind when you see the words “good enough”?
- 2) What rules did you grow up learning about God and faith, if any? Did you feel like you had the freedom and space to explore these ideas or not?
- 3) In Chapter 4 (“Losing Our Fear”) Wendi writes, “Feelings are not always truth-tellers, but they are always indicators.” When are you most likely to be driven by your emotions? How can you begin to accept your emotions as real and valid without allowing yourself to be ruled by them?
- 4) Has Jesus ever been offensive to you? Explain.
- 5) How has perfectionism been a roadblock in your life?

# Week 2: Living the "Good" Life

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## Read: Chapters 6-10

- 1) What did your own faith community teach you about purity? Do you feel it has benefitted your sexual experiences or damaged them?
- 2) In Chapter 6 ("Love Can't Wait") Wendi writes, "Sex is holy. But it isn't perfect." Do you agree or disagree? Why?
- 3) Have you ever struggled to believe that your moral performance doesn't alter God's love for you? If so, have you ever found yourself thinking the morality of other people is your responsibility, too? Describe how that makes you feel now.
- 4) How could the practice of resting in the holiness that belongs to you impact your pursuit of perfection?
- 5) Do you feel as if participation in a faith community (church, small group, etc.) is a necessary part of living in obedience to Jesus? Why or why not? If so, what changes have you experienced in your life because of it?

# Week 3: Undoing Perfect

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## Read: Chapters 11-15

1) In Chapter 11 ("Selling God") Wendi writes, "It seems to me that the problem isn't that we don't want the things God wants; the problem is that we have forgotten we *are those things*." Do you agree with this statement? Why or why not?

2) Have you ever experienced any mental health struggles? How has your faith impacted your view of these experiences?

3) In Chapter 12 ("Waking Up to lies") Wendi writes, "You might be tempted to believe that your desperate need for God means something terrible about you, but it actually means something incredible about him." How does this statement impact the way you've traditionally viewed God, if at all?

4) Tell about a time when God gave you an answer that was completely opposite of what you expected. How did this affect your life? Your relationships? Your faith?

5) What is one place where you'd personally like to see and experience more unity? Explain.

# *Week 4: Receiving Holy*

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## **Read: Chapters 16-19**

1) After the birth of her son, Wendi felt as if God had gone silent. Have you ever experienced the silence of God? What was that like for you?

2) In Chapter 16 ("Listening in the Darkness") Wendi writes, "a Creator who is Love will allow love without limits, and so it follows that there is the potential for pain without limits too." Do you agree with this statement? Why or why not?

3) How does reading about Wendi's experience with OCD impact your own view of mental health, if at all?

4) Do you agree that there is a distinction between holiness and perfection? Explain.

5) What are two true—seemingly opposite—things in your life?

6) After your reading of the book, do you still feel the same way when you see the words "good enough"? Why or why not?