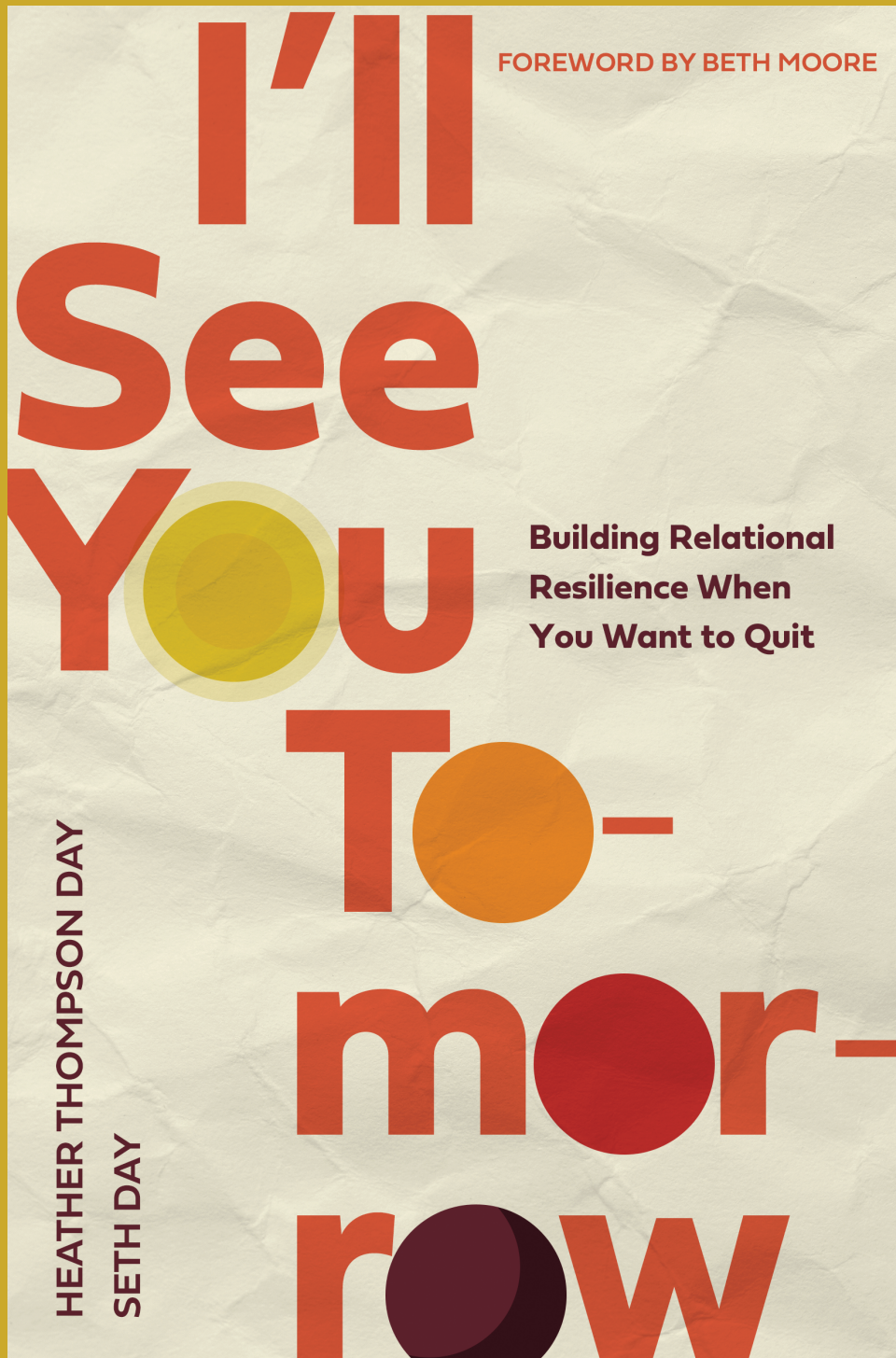




FOREWORD BY BETH MOORE

I'll See You To- mor- row

**Building Relational
Resilience When
You Want to Quit**

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A PDF COMPANION TO THE AUDIOBOOK

I'll See You Tomorrow

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CHAPTER 1

Loving Yourself So You Can Love Others

ENGAGE

- *Today, what are your hopes for tomorrow?*
- *What was a time you didn't think you'd make it through?*
- *Share a low moment from your week. What is one area of your life that doesn't feel so fine?*

CHAPTER 2

Do What's Possible

ENGAGE

- *Who has kept you from growing?*
- *Think about something in your life that isn't ideal. What is still possible?*
- *What does it mean, practically in your life, to be hard-pressed but not crushed?*

CHAPTER 3

Running with the Tarahumara

ENGAGE

- *Discuss the verse from Jeremiah 12. What does that mean?*
- *What does it mean, "You'll get there faster by slowing down"?*
- *Are there any coping skills you have picked up recently that you think may not be good for you?*

CHAPTER 4

The Infinite Game

ENGAGE

- *What do you think safety may be costing you?*
- *Have you ever had a moment when you saw God in another person?*
- *Have you ever had someone tell you they saw God in you?*

CHAPTER 5

Start with No

ENGAGE

- *Share a thing you may have to say no to.*
- *Have you ever had to walk away from a relationship? What were the circumstances?*
- *What can you do today or tomorrow spiritually to try to fill up your oil?*

CHAPTER 6

The Door Is Open

ENGAGE

- *What is a moment in your life when a door opened?*
- *What past door has made you feel as if all the other doors since are shut?*
- *Is there a door in your life that is opened to you that you haven't been able to walk through yet?*

CHAPTER 7

The Shutdown

ENGAGE

- *In what areas does your life feel frozen?*
- *Share a time in your life when you felt lonely.*
- *What is one thing you can do today to help foster genuine connection with someone? Send a text, write a message, make a call, visit with a neighbor.*

CHAPTER 8

Don't Miss Your Mark

The ACE Questionnaire

While you were growing up, during your first 18 years of life⁸

Did a parent or other adult in the household often or very often . . . swear at you, insult you, put you down, or humiliate you, or act in a way that made you afraid that you might be physically hurt?

Yes

No

Did a parent or other adult in the household often or very often . . . push, grab, slap, or throw something at you, or ever hit you so hard that you had marks or were injured?

Yes

No

Did an adult or person at least five years older than you ever . . . touch or fondle you or have you touch their body in a sexual way, or attempt or actually have oral, anal, or vaginal intercourse with you?

Yes

No

Did you often or very often feel that . . . no one in your family loved you or thought you were important or special, or your family didn't look out for each other, feel close to each other, or support each other?

Yes

No

Did you often or very often feel that . . . you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you, or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Yes

No

Were your parents ever separated or divorced?

Yes

No

Was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard or ever repeatedly hit at least a few minutes or threatened with a gun or knife?

Yes

No

Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes

No

Was a household member depressed or mentally ill or did a household member attempt suicide?

Yes

No

Did a household member go to prison?

Yes

No

Each "yes" is one point.

SCORE TOTAL _____

ENGAGE

- *Can you see a correlation between one of your ACE scores and struggles you have now?*
- *From God's perspective, what's the difference between sinners and saints?*
- *Seventy percent of people have experienced trauma. How may this change the way we view the people who have hurt us?*

CHAPTER 9

Change to Live

ENGAGE

- *Think about your closest friend. Tell the story of how you met.*
- *What are some good questions you could start adding to your casual conversations so you are ready when an opportunity presents itself?*
- *Who is a weak tie who has brought value to your life? Have you told them? How could you express your gratitude?*

CHAPTER 10

The Thing I'd Want Before I Die

ENGAGE

- *How does the word forgiveness make you feel? Why?*
- *Is it possible to offer someone forgiveness who hasn't asked for it and may never apologize?*
- *Who forgave you? What was that experience like?*

CHAPTER 11

Chaos or Community

ENGAGE

- *What does winning in your life look like?*
- *What does it mean to choose community over division?*
- *Where do we go from here? How do we change the climate of hate? As a church? As a nation? Personally?*

CHAPTER 12

Old Foundation, New House

ENGAGE

- *What area of your life can you first start to rebuild?*
- *What negative experience has caused growth in your life?*
- *Who can you tell about the principles in I'll See You Tomorrow?*