



Discussion Questions

How to Ditch the How-To
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PART ONE

1. Think about one change that you're currently looking to make in your life. Can you identify the deeper issue at the heart of this challenge—whether it's something rooted in your mind, heart or soul?
2. Which false belief listed in Chapter 2 resonates most with you? How do you see this belief playing out in your life or in the lives of your loved ones?
3. Think of one thing in your life that's holding you back from living more freely—whether it's a fear, expectation or pressure. What would it look like to experience true freedom?
4. How do you handle disappointment or respond when things don't work out as you planned or prayed for? In those moments, how does it affect your view of God or your walk with the Lord?



PART TWO

1. Which strategy for happiness do you feel drawn to lean into or try out in your own life? How might practicing it impact your overall well-being?
 2. Consider the list of ways that the Holy Spirit empowers us from Chapter 6. In what ways do you feel you most need the Holy Spirit's help right now? How could relying on his power make a difference?
 3. How might you describe your identity and purpose? How has your answer changed over time, if at all?
 4. Chapter 8 talked about the need to love God and be loved by him—and the need to love other people and be loved by them. How do each of these show up in your life? Which of these feels easier or harder to embrace, and why do you think that is?
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PART THREE

1. What might surrender look like in your life right now?
2. In what ways can you pursue God more wholeheartedly?

