

The Big Church Read



“Slow Down Show Up and Pray” by Ruth Rice

Session one questions

1. Having read Ruth's burn out story do you recognise some of her experience in your own story ? Could you tell your own broken story?
2. What has your experience of church and community been when you have gone through hard times.. the good , the bad and the ugly?
3. Do you have a place that brings you peace or habits that have helped you feel peaceful?
4. What do you think of the idea that Solitude is the opposite of loneliness?
5. Ruth calls her recovery a “wandering “ not a sprint. In what ways can you identify with this? How has your faith helped you/ not helped you in your mental health journey ?