

# READERS' GUIDE

## Introduction

1. Rachel opens the book with a story about her orchid. How do you relate to the idea of “overwatering” parts of your life instead of addressing the root problem?
2. What signs in your own life indicate you might need to step back and reevaluate your priorities?

## Part 1: Unlocking Joy: The Keys You Didn't Know You Had

### *Chapter 1: What Is Joy? (Because the Dictionaries Got It Wrong and We May Have Too)*

1. Rachel distinguishes between happiness and joy. How would you describe the difference in your own words? What does joy tell us about who God is?
2. What does joy look like in your life right now? Where do you feel it's missing?

*Chapter 2: That Wasn't on My Bingo Card*

1. How has joy shown up in your life during challenging or unexpected times?
2. What are some everyday moments of joy that you tend to overlook?
3. Rachel shares about life's unpredictability. What's a recent life change you've faced, and how did you adapt (or struggle to adapt)? How would the pursuit of determined joy change this for you?

*Chapter 3: Breaking and Entering: When Joy Gets Jacked and How to Get It Back*

1. What are the biggest joy stealers in your life (e.g., comparison, busyness, lack of boundaries)?
2. Reflect on a time when you saw God's kindness bring you back to Him after experiencing a season where joy was hard to find.

Part 2: Joy on Repeat: Building a Life You Love

*Chapter 4: And 5, 6, 7, 8: Our Need for Rhythms*

1. Rachel talks about creating rhythms that align with your life. What's one rhythm or habit you could implement to make your days feel more meaningful?
2. How do your current routines contribute to—or take away from—your joy?

*Chapter 5: How Going Slow Made Me Steady*

1. How do you currently handle the unexpected or chaotic moments in life?
2. Knowing that we've been called to return to God and rest in the freedom that Jesus gives us, how does this change the way that you rest?

*Chapter 6: Joy Takes a Village—Literally*

1. Who are the people in your life who help you find joy?
2. How can you foster deeper connections and joy-filled relationships with those around you?

*Chapter 7: Making Fun out of the Mundane*

1. How do you find joy in the ordinary or repetitive parts of life?
2. What's one mundane task you could reframe to make it feel more joyful?

*Chapter 8: What Living in a Camper Taught Me*

1. How can you create a home centered around gospel hospitality?
2. What typical excuses do you find and use that keep you from inviting people into your life and home?

*Chapter 9: This Life Is Yours for the Taking*

1. Rachel writes about finding beauty and wonder in the small things. What's one small "God-wink" moment you've experienced recently?
2. How can you intentionally look for these moments in your day-to-day life?
3. What does long-term joy look like for you?

General Reflection Questions

1. What's one insight or takeaway from *Love Your Life (Even If You Don't Like It All the Time)* that surprised you or shifted your perspective?
2. How has your understanding of joy changed after reading this book?
3. What's one action step you feel inspired to take now that you've finished this book?