

# The Saturday Night Supper Club

## BOOK CLUB DISCUSSION GUIDE

1. Rachel's memories, good and bad, tend to be associated with food. What are your best and worst memories that are tied to food? Do you think they endure longer because of the association?
2. Alex criticizes the fact that public figures are treated as if their lives exist for public consumption. Do you feel that the media oversteps its boundaries, or is it merely a hazard that creatives and celebrities should expect to shoulder as the price of success? How would you feel if you were attempting to live in a similar spotlight?
3. Rachel rejects the idea of being a spokesperson for women in the food service industry and resents having to put her personal life on display, citing the fact that men aren't required to talk about anything but their cooking. Do you think women who reach the highest levels of their professions are obligated to speak out? Is that an unfair burden? Why or why not?
4. Alex struggles with freedom in his faith journey, wishing for a rule book. Do you relate to that feeling? Why or why not?
5. A single misrepresented comment of Rachel's goes viral, leading to the shattering of her career. What do you think that says about social media in particular and society in general? What responsibility do we as Christians have to investigate the truth and temper our response to what we hear and read?
6. Because of her difficult family background and feelings of betrayal, Rachel looks for alternative families in both her kitchen staff and in her best friends. What does that say about our innate need for belonging? Is biological family different from our chosen one? Contrast the way her colleagues react to her crisis versus her friends.
7. Alex possesses a deep need to fix things and take responsibility for his actions. How is this a good thing? How might it also be problematic?
8. Both Alex and Rachel have experienced the weight of not living up to their families' expectations. How are their reactions similar? How are they different, and why?
9. Rachel hides behind her title and the trappings of her profession. Why do you think this is? How does she change over the course of the book?
10. Rachel misunderstands the meaning of the e-mail and notes she sees in Alex's home and jumps to the worst conclusion. How is this similar to what happened to her on social media? What does this say about our natural tendencies as humans?
11. Near the story's end, Rachel prays for direction, hoping for "a dramatic, unmistakable answer," but receives only "a still, small conviction." Was it enough for her? How do you discern God's guidance—and what form does it usually take?
12. How does the evolution of the supper club format mirror Rachel's own personal journey? How is this a significant change from the beginning of the book?

