

PRAYERS FOR HOPE AND HEALING

- What prompted you to write this book?
- Who do you believe will benefit most from it?
- In your medical journey, what struggles did you face and how did you keep hope alive?
- In the book, you briefly mention your sister's health challenges. How have those shaped you into who you are today?
- What prompted you to develop emotion- and situation-based prayers, and how did you come up with your chapter titles?
- What Bible verses were particularly helpful and comforting to you during your season of illness?
- What books on prayer have impacted you or shaped the way you wrote the prayers in this book?
- Were there any chapters that were especially difficult to write? How did you get them down on paper?
- Sometimes it's hard to know how to help someone who's going through a health struggle. What would you say to others who want to support their loved ones but don't know how?
- If you could say one thing to a person going through health struggles right now, what would it be?

PRAYERS OF HOPE FOR CAREGIVERS

- Can you share a little bit about your journey as a caregiver and how it shaped this book?
- There's a wide range of themes in your devotional titles. How did you come up with them?
- What are some of the biggest struggles caregivers face?
- In your own caregiving seasons, what have you found helpful to not only survive but *thrive*?
- What are some practical ways caregivers can stay connected with God during the busyness of their schedule?
- What would you say to the caregiver who says she doesn't have time to step away and take care of herself?
- Sometimes it's hard to know how to help caregivers, especially if we've never been in that role ourselves. What would you say to those of us who want to support our caregiver friends but don't know how?
- If you could say one thing to a caregiver at the end of his or her rope, what would it be?