

# THE JOURNEY



WALKING IN  
GOD'S GRACE,  
MERCY,  
AND BLESSINGS

KATINA HORTON

## Book Club Discussion Questions

1. In the beginning of the book, the author says the following: "For when we are rejecting our stories, we are in essence rejecting ourselves." Would you agree with this statement. Why or why not?
2. Katina said that bouncing back/resilience was the message placed in her DNA. Do you feel that resilience can be learned? Why or why not?
3. The author had a nightly ritual of having her back rubbed, saying her prayers, and being sung to. This consistency helped shape her view of safety. What are some of the ways in which your family helped you to feel safe, and if they didn't, what could have been done to make the experience different.
4. On page 39, we are told that singing and dancing was the one way that the author's family was able to release emotions. How were emotions dealt with in your family?
5. How has unmet expectations invited the big D's of disappointment, disillusionment, and discontentment in your life? What did you do to combat it? The author wanted her own fancy bedroom . What were your longings? How did you

recover from the unmet expectations?

6. Katina was able to attend the high school of her choice through God's divine providence of her mother's friend. Basically, it was a Ruth and Naomi situation. How have you seen God's divine providence in your life?

7. Katina was a city girl trying to make it in the country of Ames, Iowa, dealing with depression, and desperately coping the best way that she could. Have you ever been in a place that you didn't want to be in? How did you get out?

8. When Mark opened up his wallet, Katina's gut feeling told her that something was wrong. When have your gut feeling warned you, but you went on anyway. What was the consequence of your choices?

9. There were many instances of racism that had to be dealt with in Katina's workplace. What has been your experience? If this haven't been your thorn in the flesh, how can you be more cognizant of others dealing with this issue.?

10. On page 225, Katina says, "God must have been ready and waiting to do a work in my heart at this point after realizing the state of her marriage, her ex-husband's infidelity, and her own emotional, mental, and spiritual health. Have you ever had a come to Jesus moment, and if so, what happened, and what was the first step that you took in becoming empowered?"
11. On page 267, it says: "Pay attention to your body. It will scream out the words that initially your soul cannot. Do you agree with this statement? What is your body screaming out to you?"
12. On page 309, Katina mentions shaking violently while her son is in police custody. Have you ever experienced such a time? What did you do about it?"
13. Katina's journey has been a lot of women's journeys. That is, one filled with hardship and trauma. Can you relate? Why or why not?"
14. Creating an empowered new chapter of life requires healing from past hurts. Katina began her journey of doing that. How has your journey of healing differed from Katina's?"

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