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# DISCUSSION QUESTIONS

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Use the questions below in your small group to further generate discussion about *Like a River: Finding the Faith and Strength to Move Forward after Loss and Heartache* by Granger Smith.

1. Granger uses the metaphor of a rushing river to express the nature of life. How is your life like a river? Do you find it easy or difficult to navigate?
2. What coping mechanisms do you use to get through hard times? How effective are they when you come to new challenges or unexpected twists?
3. What life-changing losses have you experienced? What losses and griefs have you known that others might label as less significant? How do you grieve all of these things in similar ways?
4. What aspects of your life have you felt the need to control? Have you sensed God asking you to surrender these areas to Him? What do His nudges look like?
5. What are the limits of your own ability to help yourself out of dark experiences? What role do you allow God to play in these times?
6. What makes surrender difficult? What beliefs or fears stand in your way?
7. Do you have a sense that God is using your suffering for a purpose? What do you believe about that notion?
8. What does it mean to you to have integrity through the darkest seasons of your life?
9. Granger says that grief and joy—not happiness, but a deep inner peace—can coexist. Do you agree? If you have ever experienced this, what made that happen for you? How would you describe it to someone who hasn't experienced it?
10. Granger writes: "If you learn anything from this book, let it be this: ditch your oars and burn the boat. No matter how much mental strength and endurance you think you have, when you meet the waterfall that eventually comes to us all, oars and a boat won't help you. The only thing you'll be able to trust is God and His Word, the Bible." What might it mean for you to ditch your "oars" and burn your "boat"?