

The Turquoise Table Podcast

with Kristin Schell

Discussion Guide

S2E2

Kat Armstrong

October 2, 2019

Quote highlights from Kat Armstrong:

“There’s not only one way to do life, but I’m not sure where I’ll fit in.”

“Coming home means you have to build those relationships and let people love you.”

“I’m learning more about the gift of presence and the power of showing up.”

“I think when someone tells you, ‘you’re not crazy, I’ve walked this road and I’m still here’ all guilt and all worry fall away. You think she’s still here.”

Journal Prompts

Kristin and Kat share that Lydia is one of their Bible #Sheros Who are your favorite women in Scripture?

Read Lydia’s story in [Acts 16:11-15, 40](#). Try writing the scripture passage in your journal. What do you learn from Lydia that could be useful in your own community?

Discussion

Do you identify with Kat’s perception that when Jesus tells us to love him with all our heart, mind, soul and strength (Mark 12:30) he meant it one way for men and another way for women?

Mentors aren’t just for the workplace or in church. Do you think there’s an opportunity to be a mentor or find one in your neighborhood?

Is there anything that is holding you back from loving your neighbors and creating more meaningful relationships in your community?