

The Turquoise Table Podcast with *Kristin Schell*

Discussion Guide

S2E6

Beholding and Becoming in Community with Ruth Chou Simons

October 30, 2019

Quote highlights from Ruth:

“A lot of times we turn to social media because something is missing from our lives and we don’t know what it is. Something is missing in our hearts.”

Friendship is born at that moment when one person says to another ‘What! You, too? I thought I was the only one.’ ~ C.S. Lewis

Journal Prompts:

Do you have a love/hate relationship with social media? Naming what triggers you can help you identify new habits or reasons to engage on various platforms.

Ruth talks about how, for her, change happens in small adjustments. Is there one small adjustment you can make in your life? Is there someone in your community you can share with to help hold you accountable?

Discussion

What is your favorite way to gather at the table?

Describe a time when you’ve experienced true vulnerability around the table. What made the experience safe to be open?

