

Group Discussion Questions For *Unsqueezed*

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A word to group leaders about discussion questions...

Two words really: no sweat. These questions are provided as a springboard for you to discuss what's in your heads and hearts. You'll know it's going well when women get past the stuff we usually talk about—bad hair, big butts, baby bellies—and reveal what's really happening in their heads and hearts. Be sure to explain up front that your group is a safe space. What's shared in the circle, stays in the circle.



Introduction

1. Describe and discuss pop culture's portrayal of the physically ideal woman. How do you measure up to that image? Do you try?
2. What are some of the ways that women of various ethnicities feel the pressure to fit the world's mold of beauty?
3. According to Jesus, the blessed woman is one who responds to God's voice. Can you fill out a more detailed picture of a woman like this? Do you know one?

PART ONE: The Problem

1. If you could change one thing about your body, what would it be?
2. Do you watch any reality makeover shows? Do you find them helpful or harmful? How so?
3. Which current advertisements offer to fix something that's wrong about your body? Is it a condition that's really so wrong?
4. What are you tempted to turn toward to soothe your anxiety (i.e., food, drink, spending, etc.)? What might it look like for you to "trust in what the Father provides"?

5. For what sorts of qualities are you tempted to pre-judge other women (i.e., race, shape, dress, culture, education, etc.)? How have you been able to put the brakes on this temptation?

6. How difficult is it for you to stop consuming (i.e., food, clothes, etc.) once your needs have been met? Do you have any ideas why?

7. How are women in this culture *thingified*? What are some ways that we can “step off the court”?

8. In what types of situation are you tempted to give lots of attention to yourself and your appearance (i.e., work, church, visits home, etc.)? Is there another type of situation in which you forget yourself entirely to focus on another?

PART TWO: The Purpose

1. Does your faith community talk about beauty or body image? What’s the message you hear? Is there an unspoken message?

2. According to the world’s values, types of women are undervalued? Are kingdom priorities different? How?

3. What do you think about the idea Margot mentions that people were made unique in order to be recognized? Do you agree with it? How do you think others recognize you?

4. In what situations do you feel like your physical body is doing exactly the thing it was made to do?

5. Are there garments or accessories or colors that make you feel like the beloved woman you were made to be?

6. Can you list some of the many ways that your needs—for food, clothing, shelter, relationship—are being sufficiently met?

7. Which shaming lies that insist that you’re not acceptable are you are quick to believe? What truths might God use to replace them?

8. Christians are to be marked by love. Can you think of some fresh ways in which a body might be visibly marked by love?

9. Are you naturally touchy or more naturally private? Are there ways you are being called to extend physical affection to others?

10. Is there a way in which you respond to God by loving others with your body? For instance, is there a particular way God has called you to care for others?

PART THREE: The Plan

1. Can you picture a human face that has looked on you with unconditional love and affection? Whose?
2. Can you think of fresh ways in which followers of Jesus can pattern our bodily lives after his? What does it look like to imitate Jesus, with our bodies, in the twenty-first century?
3. What kinds of opportunities do you have—or make—to use your body to meet your needs and those of others?
4. How hard do you resist—or plan to resist—physical signs of aging? What qualities do you admire in women who are “aging gracefully”?
5. Are there any helpful ways you’ve discovered to responsibly manage your consumption of food? In what situations is it most difficult for you to eat in moderation?
6. Are there particular ways in which you try to make responsible clothing purchases? Do you feel like you’re being a faithful steward in the ways you clothe yourself?
7. Is it tempting for you to draw attention to your body’s imperfections? How do you feel when other when ramble on about theirs?
8. How do—or how can—you and your friends support one another in the journey toward freedom from self-preoccupation? Can you think of any practical steps?
9. Margot says that on this journey into freedom, God only asks us to do the next thing. What might your *next* thing be?

