

Suggested Questions

Morning Moments with God

Grace Fox

“Our perspective shifts when we begin giving thanks as an act of obedience in the midst of our sorrows.”

1. You recently faced some physical challenges. What happened and how can we learn to find something good in our suffering?
2. How does maintaining a vibrant quiet time with the Lord prepare us for the storms of life?
3. Why is trusting God about our future so difficult for most of us?
4. You encourage us to embrace today and not worry so much about tomorrow. Any advice on how to do this?
5. How do we learn to live each day with anticipation?
6. You say that perfectionist tendencies trapped you for decades. What did this look like for you?
7. How can we learn to improve our understanding of God’s character? Do you think most of us get it wrong?
8. You encourage us to be willing to embrace uncertainty. Where do we begin?
9. Why do our waking moments play such a significant role in each day’s direction?
10. What are some of the characteristics of a heart that is in tune with God?
11. What do you mean that forgiveness can also be a gift that we give ourselves?
12. Why do you say that fighting a spiritual battle can be frightening and dangerous?
13. In practical terms, what exactly does it mean to guard our heart?
14. You talk about anxiety. What is the remedy for us as Christians?
15. You write that women tend to use significantly more words than men. What are the advantages and disadvantages of this?
16. You provide a different definition of joy at the end of your book. What is this?

Biographical Overview

Grace Fox is national co-director of the International Messengers Canada. Known for her practical biblical teaching, she speaks regularly at women’s events in North America and overseas. She is the author of seven books including *Moving from Fear to Freedom: A Woman’s Guide to Peace in Every Situation* and its corresponding DVD-based Bible study. She and her husband, Gene, live in British Columbia and have three grown children and five grandchildren.