

## **Interview Questions for *Hope When It Hurts:* *Biblical Reflections to Help You Grasp God's Purpose in Your Suffering***

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*Life hurts. We're no strangers to this fact. It's why we wrote this book.  
And not simply because life hurts, but because there's hope even when it does.  
There's more to our suffering than meets the eye.*

–Kristen Wetherell and Sarah Walton

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- Kristen and Sarah, you became friends because of a shared illness and a shared hope. How has that unique intersection shaped your friendship?
- You've authored a book together, *Hope When It Hurts*, for those enduring any type of pain and suffering. What do all forms of suffering have in common?
- Since you are both still living with the effects of Lyme disease, you have a long view of the topic of suffering. What do you say to those at the beginning of a painful season, whether physical, mental, emotional or spiritual?
- How does American culture view suffering, and how is this problematic? (avoidance, numbing, bitterness)
- Your book shares 30 days of biblical reflections on God's purpose in suffering. How does scripture shape our perspective of suffering?
- Sarah, you've experienced personal pain with Lyme disease and seen the pain it has caused your husband and children as well. How can parents tap into hope when their children are suffering?
- You write that God's mercies are greater than our trials. How do you practically apply that to life on days that feel dark or hopeless? (naming His mercies)
- What about when our pain is so great that we can't even muster a prayer?
- Suffering can be intensely lonely. What have you learned about battling lies we are tempted to believe about loneliness?
- For those who want to comfort others in their suffering, your book offers wise advice and very practical suggestions. Will you share some of those with our audience?
- Sometimes the losses we experience as a result of an illness (loss of dreams, income, relationships) make us question why God takes good things from our lives. How have you come to view these losses in your own life?
- For those who need support in their suffering or pain today, where can they find help and hope? (Scripture, local church, Lyme support groups?)

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**Guest:** Kristen Wetherell and Sarah Walton  
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