



The Inner Voice of Love: A Journey Through Anguish to Freedom

By Henri J.M. Nouwen

Pages 30 to 45

Opening Prayer:

Loving God,

In the midst of our struggles, you speak a quiet word of hope.

Help us to listen to your voice — the voice that calls us beloved.

In our brokenness and in our strength, may we hear the truth that sets us free.

We open our hearts to you in this time together.

Amen.

Sharing prompts:

1. **Acknowledge Your Powerlessness (p. 30)**

The book says, *“The more you relinquish your stubborn need to maintain power, the more you will get in touch with the one who has the power to heal and guide you.”*

Have you ever experienced this kind of surrender? In what areas of your life might you still be holding on too tightly? Are you open to letting go—and are you growing as a result?

2. **Seek a New Spirituality (p. 32)**

This chapter invites you to consider your true vocation. Are you allowing your unique calling to shape your journey toward becoming the best version of yourself?

3. **Tell Your Story and Find Freedom (p. 34)**

Nouwen asks if you can let go of the past. Can you look at your story as a series of steppingstones that brought you to this moment? Is there something from your past that still has too much power over you?

4. **Find the Source of Your Loneliness (p. 36)**

What is at the root of your loneliness? Is it possible that this loneliness could become a gift—something that draws you closer to God and to others?

5. **Keep Returning to the Road to Freedom (p. 38)**

This chapter speaks of the companions who walk with you on your journey. Who are those people in your life? Can you name them—and invite them to remain close as you continue on your path?

6. Let Jesus Transform You (p. 40)

Is your body, mind, and heart ready to receive Jesus? What space—physical, spiritual, or emotional—can you create to welcome His presence more fully?

7. Befriend Your Emotions (p. 42)

Think of someone who once made you feel small or insecure. How can you shift your focus to the truth—that you are deeply, unconditionally loved?

8. Follow Your Deepest Calling (p. 44)

What truth lies deep in your heart? When was the last time you doubted yourself? What helped you move through that doubt or do you need help navigating through it?

9. Remain Anchored in Your Community (p. 45)

Who makes up your community? How do they support, encourage, and challenge you to grow?

Farwell and Closing Prayer:

- Invite everyone to share the one word or phrase they would like to take into the next week/month (depending how often you are meeting).
- Close with the Serenity Prayer ... *God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

Amen