



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

By Henri J.M. Nouwen

Pages 47-63

### 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. Stay with Your Pain (p. 47)**  
How have you made your pain available for God's healing? In what ways are you inviting God into your suffering?
- 2. Live Patiently with the "Not Yet" (p. 49)**  
Nouwen says we need to heal the child within us. What part of your childhood still carries pain? How can you allow Jesus, who dwells in that child, to bring healing?
- 3. Keep Moving Toward Full Incarnation (p. 51)**  
How far along are you on your journey of becoming fully yourself? What "doors" do you tend to open when you're tempted to escape or retreat from that growth?
- 4. See Yourself Truthfully (p. 53)**  
Who helps you see yourself as you truly are—both your strengths and your struggles? How do you respond to their insight?
- 5. Receive All the Love That Comes to You (p. 55)**  
Where do you feel weak or vulnerable? What (or who) comforts that weakness and reminds you that you are loved?
- 6. Stay United with the Larger Body (p. 57)**  
Who are the companions you've brought with you on your spiritual journey? How do they help you stay connected to the greater Body of Christ?
- 7. Love Deeply (p. 59)**  
Who is in your "circle of love"? How do you show them love, and how do they reflect God's love back to you?

**8. Stand Erect in Your Sorrow (p. 61)**

Think of a time when you remained standing despite grief or hardship. What helped you stay grounded in faith during that season?

**9. Remain Anchored in Your Community (p. 62)**

Who is part of your faith community? How do they support, encourage, and challenge your growth?

**10. Let Deep Speak to Deep (p. 63)**

Is God truly enough for you? Have you reached a place where you can love others deeply—not just from your own strength, but through God’s love flowing through you?

**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*