



Just Think Journal

Questions for Individual Reflection or Group Discussion

First Electronic Edition

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Introduction

What thoughts fill your mind on a typical day?

Do you agree with the quote from H. A. Overstreet, “Adulthood...is the significant period toward which life heads. It is the time when all the preparings can come to their fruition”? Why or why not? In what ways can you see your preparings coming to fruition? What more would you like to see develop in your life?

What do you want out of reading this book?

Chapter 1: A Mind for Life

A Mind in Love with God

Why did the author put this section first in the book?

Distinguish between loving God with your mind, soul, heart, and strength.

What are some of your first reactions to the idea of loving God with your mind?

What changes might you have to make in your life to cultivate more mental love for God?

How might your life be richer if you formed an intention to engage your mind with God's ways and thoughts? If your mind expanded to absorb a greater range of thought in terms of breadth and depth?

A Matter of Integrity

Who is in your immediate sphere of influence? Consider the spheres of influence of those individuals and the impact you indirectly have there. Extrapolate out the full extent of your true sphere of influence.

To what range of daily activities should thinking well extend?

How is using your mind well related to integrity?

Do you agree with the author that using your mind well is not a matter of intelligence? Why or why not?

Thought in the Realm of Abundance

Distinguish between “thinking in order to live” and “thinking in order to live abundantly.” How does each category apply to your life?

Consider the quote from *Middlemarch* by George Eliot (p. 21-22). How do you relate to the character’s frustration when he thinks, “This is what I am thinking of; and that is what I might have been thinking of”?

How does thinking well and clearly about the many daily issues within our realms of responsibility create mental space and energy for thoughts of a higher realm?

The Principle of Return

Reflect on Thoreau’s words (p. 24), “Thought breeds thought.” Describe a time in which this observation has been true for you. Reflect on a part of your life that requires more thought.

In the parable of the talents of money on pages 23-24, which of the servants do you relate to in terms of your investment of the talent of thought? Why?

How can your mind's "earning power" increase over time?

Courting a Powerful Thought

What does the author mean by "courting a powerful thought"? How might you court your thoughts?

What do you think would happen if you offered up your mind to God?

How can a thought be of the "powerful variety" but small? Is this inconsistent?

What do thoughts and ideas require of us?

Chapter 2: The Needed Balance

Of Faith and Reason

List a couple things you believe to be true because you can figure them out. List a couple things you believe to be true even though you can't completely figure them out. What emphasis do you place on your ability to figure things out? How much do you challenge yourself to try to figure out things that you take "on faith"?

How can reflection help you blend faith and reason?

Why is it important to include faith and reason, in balance, in your thought life?

Of Mind and Heart

Why is the story of Mary following the birth of Jesus a good example of combining mind and heart?

How can you develop a balance of mind and heart in your life?

Why would Nathaniel Hawthorne use the term "unpardonable sin" to describe Ethan Brand's exultation of intellect at the expense of heart?

Chapter 3: Forward Movement

I Was Younger Yesterday

Reflect on the degree of wisdom and knowledge about life that you have attained in the last ten years. Give some specific examples to illustrate the contrast between then and now. How can this reflection and these examples be used to help you accept and learn from each day's lessons?

How have you matured even since yesterday?

Reflect on something you thought you would never be able to handle but that one day you did handle. How can this and the above reflections help you to appreciate your capacity to continually growing stronger and wiser?

Moving to What's Next

Think back to this date last year. How is your life different? How is your life the same? Have you moved forward, stayed the same, or gone backwards? If you would find it helpful, draw a timeline of significant events or significant ways of thinking that you've experienced in your life.

Why should our goal be to move forward? What, if any, is the harm in staying in place?

If forward movement is often nonlinear and slow, how can you tell whether or not you are truly moving forward?

Evidence of the Journey

Name three things you need to be reminded of from your life's journey. Why is it important for you to remember these things? What evidence do you have for these or could you gather to remind yourself?

How can honoring evidence of your journey help you to move forward? How can you honor the evidence of your journey without getting stuck in the past?

Describe ways we can help each other honor and affirm our respective journeys.

What strategies can you put into place to help you mark your journey from this point on?

Prepared Paths

Dream a little about what you may be being prepared for. Quickly list up to ten possibilities. Link each future possibility to your past or present preparation.

Think back to a circumstance in your past. How did that prepare you for something you later experienced?

What kind of future do you hope to have?

What mental habits do you need to put in place or nurture in order to help you prepare for that future?

Leaving Ignorance Behind

Consider your roles and responsibilities in life. What do you need to learn more about in order to fulfill those roles and responsibilities with greater integrity?

Reflect on the degree to which you learn about matters of work/career or pleasure/hobby versus matters of faith. Is the distribution of your effort and attention appropriate?

Think about an exciting or fulfilling accomplishment in your life. What sort of mental preparation preceded that accomplishment? What would life be like now for you and those whom your accomplishment affected if you had not undertaken that mental preparation?

What have you been content to not understand despite knowing it is a significant and important issue or subject area as it relates to your life? What change can you make in this area?

Why does the author say, “awareness that I am ignorant about much more than previously thought is progress”?

Chapter 4: Breadth of Life, Fullness of Thought

The Well-Stocked Mind

What have you been thinking about today? In what way have those thoughts affected your mood today?

Why does the author say there is a “link between the state of your mind and the state of your spirit”? Have you found that to be true in your life?

With so many things bombarding our thoughts from the outside, how can we intentionally choose our mental content?

Reflect on the verse from the book of Philippians quoted on p. 42-43. How can you integrate this advice into your daily life?

Look at the list of reasons to intentionally stock your mind with good content (p. 43-44). What bulleted point(s) particularly resonates with you? Why does this point seem to stand out for you? Can you think of an important reason that is not included in this list? If so, write it down.

Consider All This

Make a list of the subject areas that account for most of your time. How are your thoughts affected by this mental content?

Read through the lists of subjects and concepts on p. 45-46 and 47-48. Which ones are you curious about or interested in?

How is it helpful to know that domains differ in their approach to gathering knowledge or asking questions?

In what ways might you benefit from learning a foreign language, apart from the ability to more easily travel?

A World Too Small

Consider the patterns of your life during the last six months. In what ways have they confined or narrowed the size of your world? In what ways have they expanded your world?

Reflect on your last trip to a city you had never before visited (or a part of your own city you had never before visited). Was it comfortable or uncomfortable? What did you do with the discomfort? What did you learn? How was your view of the world enlarged? In what way was your life enhanced by this experience?

What thoughts go through your mind when you are considering patronizing a new restaurant? What can you learn about yourself from this information?

Think of an area in your life where you are feeling the urge or the pressure to try a legitimate new thing. Why are you resisting? What do you have to lose? What do you have to gain?

Reflect on a time in your life when you tried a new thing or went to a new place and it changed your life for the better. What did you learn from that experience? Could you have gained that knowledge any other way?

In the Game

Describe an experience that you first read about, then actually lived. (For example, you read a travel book about another country and then actually visited that country.) How was the real thing different from the book version?

What, if any, circumstances or barriers exist in your life that buffer you from being fully in the “game of life”?

How can a person know when it is time to stop reading or researching something and, instead, act? What experience have you been accessing vicariously that is now time to start living? What is your plan for doing this?

Think of a good metaphor—other than the game metaphor—for studying life but not really living life. How can you utilize this metaphor to remind you to actively live?

As Iron Sharpens Iron

Reflect on how another person has significantly enhanced your life by helping sharpen your mind. Describe that person's qualities. Why did that person have such a positive mental effect on you?

What can you do in coming weeks to take a friendship to a deeper intellectual level? What activities can you and a friend participate in that will strengthen an intellectual bond?

What might you have to change or develop within yourself in order to be a participant in an "iron sharpens iron" type of intellectual friendship?

How can you help sharpen the minds of people in your sphere of influence?

Plan ahead to get an education from people you meet, as did Eleanor Roosevelt. What questions would be helpful to ask in situations like this?

Eyes Wide Open

Why is observation such an important mental activity? How is it linked to learning and understanding?

What goes into the act of “observing”?

Why is nature such a rich object for observation? Think of ways you might observe nature during your daily life.

How might your life be enhanced if you proceeded through your days noticing things intentionally rather than accidentally?

Go to the store or on other routine errands, but imagine that you are in a foreign city and are at these places and seeing these sights for the first time. Reflect on what you observe.

The Books by Your Bed

Do you have an ongoing written reading list of books that you want to read? Why or why not? If yes, how has it been helpful? How do you determine what goes on the list?

Make a list of the books you read during the last year. Think about their titles, content, and genre, where you learned of them, and whether anything changed in your life as a result of reading them. What do you learn about yourself from this information?

How do these questions motivate you to explore books and subject areas you might not consider if you were basing your reading choices on mass public recommendations?

Chapter 5: Accommodations for Thought

Of Kitchen Sinks and Fire Escapes

Why is it important to have places to think?

To what places might you consider going to think beside a desk, office, or computer screen? Be imaginative and resourceful.

What tools would be helpful to gather together to enhance or trigger your thinking?

How can you maximize a “portable” thinking space?

How do your surroundings impact your thoughts and your ability to think? How can you create or find surroundings that feed your mind?

Reflect back on past thinking successes. Where were you when you had success in various types of thought work? (ie, problem solving, learning, pondering, etc)

Make a list of tried-and-true places to think, as well as ideas for new places. Refer to this list in coming weeks as you try to implement other concepts in *Just Think*.

Solitude

How do you feel about solitude? Is it easy or difficult for you to be alone without the company of music or on-screen entertainment? Why?

How have you benefited from solitude in the past? Describe a past experience of solitude that was beneficial. What can you isolate from that experience and replicate in future experiences of solitude?

If you are uncomfortable with solitude, how can you make it more comfortable, even fun? Think about ways to build in incentives for yourself or ways to be alone without being alone (for example, being alone at a coffee shop).

How can you ensure that solitude is used positively and not for thoughts involving worry or loneliness?

What changes can you make in your life in order to build in needed solitude?

Cerebral Privacy

What is the difference between keeping thoughts private as a matter of prudence versus keeping thoughts private as a matter of secretiveness or antisocial behavior?

Reflect on a time that a thought or an idea popped like a balloon after talking about it prematurely.

How can you tell when a thought is ready to be shared? Develop some guidelines or prompts for yourself to help you know when it's time to talk or time to keep quiet.

Name the advantages and disadvantages of brainstorming an idea with another person versus incubating the idea within yourself.

How does thinking of yourself as the gatekeeper to sharing your thoughts affect the degree of respect and ownership you feel toward your thoughts?

Props for Thought

How can a symbol act as a prompt for thought? Why is this beneficial in daily life when our minds are already so full?

What symbols are particularly meaningful to you?

What props for thought can you sprinkle into your life to provide a “foothold from which your mind can proceed higher”?

Environmental Affairs

Have you ever been given the message, “Don’t think”? Describe the source and circumstances of this message. How do you react to this message?

Why does the author say we must be our own taskmasters?

In your life and circumstances, how can you “cultivate an attitude that projects vibrant mental activity as the norm”?

What Is It Worth?

What are learning and thinking worth to you?

What might you need to give up or exchange in order to expand and enrich your thought life?

How do you respond to the story of Marie Curie’s willingness to sacrifice in order to think and learn?

To Everything a Season

Describe a season in your life when most, if not all, of your mental focus had to be directed toward one important object (ie, person, project, job, etc). When the need lifted, how were you able to transition your mental focus to other objects?

Why is it important to have an object(s) for your mental focus?

In what way do you find this section encouraging? challenging?

Chapter 6: Mental Readiness

Steel Before Paint

How is thinking well like building a house?

What does the author mean by, “Just as the scaffold of a building must relate to and serve the form and function of the building’s raison d’être, so the scaffold of a mind must relate to and serve the form and function of a person’s reason for being. And so almost by definition, the mind’s scaffold needs a spiritual construction.”?

What are the foundational truths in your life?

Ingredients in Advance

How can selective memorization help you to think better?

What information would be beneficial for you to commit to memory?

Great Expectations

How might your life be enhanced if you woke every morning expecting your mind to be “wooded to go higher; deeper; broader”?

Do you think it is possible, even likely, that God is more able to use you and the events in your life if you meet those events with a willing and expectant mind? Why or why not?

How can you develop your awareness for opportunities for greater thought?

Captured on Paper

Reflect on the statements by Ernest Dimmet and Anne Lamott and the excerpt from "*O*" is for *Outlaw* by Sue Grafton found within this section. How do these quotes provide guidance for what to physically make note of as your go through your days?

Do you routinely carry a notebook or paper and a pen? If so, how has it benefited you? If not, how has this section encouraged you to begin this practice?

Into Words

What responsibilities does the person doing the speaking have when communicating? The person doing the listening?

On a scale of 1 to 10, how careful are you in choosing your words? What changes might you need to make, if any?

How can choosing the right word help you to clarify your thinking?

A Daily Prism

Name the three reasons the author gives for why she daily needs “God present in [her] head like a prism”? Do one or more of these reasons resonate in your life? Why or why not?

How might you consider inviting God to be in your head and in your understanding on a daily basis?

Why does one’s mindset and thought patterns seem to need ongoing attention and adjustment?

A Preference for Knowledge

How can gathering information be like hoarding food?

What is the difference between information and knowledge?

What are some clues that you might be more focused on information than knowledge?

Chapter 7: Befogged

Clarity

Do you agree with the author's statement that every mental process "goes much better when one's mind is clear instead of cloudy"? Why or why not?

Under what circumstances is the clarity of your mind compromised? How do you recognize the cloudiness? How do you respond to the appearance of cloudiness?

Melancholy

In what ways can melancholy be beneficial? In what ways can it be harmful?

What is the connection between recalling the "deeds and wonders of the Lord" and limiting melancholy?

Choose an action you will take the next time you struggle with unchecked melancholy. Write it down now and put the reminder in a place where you can refer to it later when needed.

Boredom

How do you respond to boredom? What might you change in your response in order to resolve boredom more quickly?

Why does the author call boredom “a potentially dangerous state”? Why does Georges Bernanos call it a “cancerous growth within us”?

Do you think boredom is preventable? Why or why not? If yes, how can it be prevented?

Emotion

How can one’s will and thought work together to help break the cloud of strong emotion?

Why is strong emotion a potential threat to a clear mind? Reflect on a time when this was the case in your life.

How does “thought inform emotion” and “emotion inform thought”?

In what way do you need to involve your mind and will more dependably in your thought life?

Barrenness

What activities leave you with a dead-in-the-head feeling? How can you lessen your participation in these activities?

What activities give life to your mind? How can you increase your participation in these activities?

Why should we beware of mind-drying or junk thoughts?

Chapter 8: Self-Knowledge

I Am

Do you agree with John Gardner's statement (p. 103), "By middle age most of us are accomplished fugitives from ourselves"? Why or why not?

What approaches have you taken to get to know yourself better? In what ways have they been successful? unsuccessful?

Why is self-knowledge important?

Why does the author claim that the most important question related to self-knowledge is, "Who am I in the eyes of God"? How would you answer that question?

A Student of One's Life

Reflect on the excerpt from *Our Man in Havana* by Graham Greene on p. 106. How does the evidence in your life support or contradict this statement?

What does it mean to pay attention to your days?

How do you think your life would be enriched if you paid greater attention to your days?

A Penny for My Thoughts

How can you show your thoughts more respect?

What do you sacrifice when you don't pay attention to your thoughts?

How much of your time is given to attending to the thoughts of others? Considering this, how valuable is the time when you can attend to your own thoughts?

Chapter 9: Truth

A Sometimes Skeptic—Part 1

What does the author mean by the statement, “Sometimes, to be a thinker is to be a skeptic”?

What warning do you receive from the reminder that, as human beings, we are fallible?

What encouragement do you receive from the reminder that, as human beings, we are blessed with an immense capacity for insight into truth?

A Sometimes Skeptic—Part 2

Why are primary sources important when examining foundational truth? What important primary source do you need to revisit or consult for the first time?

How do you respond to Flannery O’Connor’s quote (p. 112), “The truth does not change according to our ability to stomach it emotionally”?

How is truth like distilled water?

The Challenge

In what ways should each of us be like a scientist in regards to our discoveries and conclusions?

Reflect on important conclusions you've made in your life. How eager have you been to examine and challenge them?

How is the self-scrutiny described in this section different than chronic self-doubt?

Facts Transformed

What does the author mean by the statement, “[O]ur thinking is unfinished until we consider facts within the context of the reality of God’s created order”? Can you think of an example to support this statement?

How can you begin to view the facts of your life through “God’s lens”?

In what area of your life do you need to remember the words of Aslan, from *The Lion, the Witch, and the Wardrobe* by C. S. Lewis (p. 118), “[T]here is a deeper magic deeper still...”?

Why did the author juxtapose “I have loved you with an everlasting love” and “Who is my equal?” in the last paragraph?

Chapter 10: Questions and Answers

Prelude to Answers

Why is it important to try to “name” what you don’t understand?

Why are thoughtful questions so important?

Reflect on past important questions in your life. What care did you put into shaping them? How were they preludes to answers you later discovered? Which questions have gone unanswered for a long time?

The Blue Book Exam

Are the questions Jesus asked his disciples and followers two millennia ago (p. 122) applicable to us today? Why might you consider challenging yourself to answer them?

What words would you use to describe your reaction to the challenge of finding something within yourself with which to answer a thought-provoking question? Why did you choose those words?

What resources do you have to try to answer a personal thought-provoking question, such as those Jesus asked?

Getting to the Answer

Why is “starting somewhere” a defining step?

In what area of your life, if any, might you be using ignorance as a strategy? What have been the results? How might things be different if instead you chose to build on what you know?

How is arriving at a hypothesis a helpful goal? Why shouldn't it necessarily be your final goal?

Primed with Knowledge

Describe a situation in which knowledge you had became a magnet for more knowledge. What encouragement can you take from that experience?

How is knowledge linked to the recognition of value and beauty?

Reflect on the excerpt from *Out of the Silent Planet* by C. S. Lewis (p. 126). Do you agree with the statement, “[Y]ou cannot see things till you know roughly what they are”? Why or why not?

Unexpected Discovery

Have you had a serendipitous discovery in which you found one thing while looking for another? Reflect on the circumstances surrounding your experience.

Louis Pasteur said, “Chance favors only the prepared mind.” How have you found this to be true in your life? How is Fleming’s discovery of penicillin evidence of this statement?

How can you prepare yourself for future discovery?

Brooding

What does the author mean by brooding?

Why is the verse from the book of Psalms (p. 130) used in this section? How does it relate to brooding?

What is the connection between brooding and creativity or discovery?

Finding

What are the “first-fruits of the asking-seeking cycle”?

Why should we be more eager to do things that improve our chances of getting the answer than to actually find the answer?

Think of an important unanswered question in your life about which you have become impatient for an answer. How might you re-evaluate your “finding” process?

Chapter 11: Stretch and Strain

A Willingness to Be Perplexed

Do you agree with the author's first sentence: "God apparently is willing to allow mystery, to leave us confused, to let some questions go unanswered."? Why or why not?

On a scale of 1 to 10, rank your willingness to be uncomfortable with or perplexed by unresolved questions. How might you increase this willingness in situations where it would be appropriate?

What's the difference between "truth" and "answers"?

The Simple, the Complex

What issues in your life "appear clear and simple but aren't"?

Name some strategies you could use to respond to feelings of being overwhelmed or pessimistic when facing a complex issue.

Why does appreciating the complexity of a situation lead to thoughts and actions of greater integrity?

To See the Whole

How can you more fully gain knowledge about the whole picture of God?

In what ways have you incorrectly narrowed your view of God? What effect has this had on your life?

How does an appreciation for the vastness of the whole picture of God impact life on a daily basis? How does it lead to a richer and deeper life in every arena, not just the strictly religious arena?

Chapter 12: Lifelong Learning

A Right to Learn

Can you relate to the author's story of feeling educationally inferior? If yes, how does this section encourage you?

What topics are you interested in that are not in your area of formal education or training? From what platform can you be a participant in that field of study?

How would you answer the question, "What knowledge do you have the right to explore?"

Pursuing Self-Education

Consider Mortimer Adler's statement (p. 143). Do you agree or disagree? Why or why not?

What strategy for self-education can/do you pursue? What strategy could you envision yourself pursuing?

What can you expect to discover once you begin looking into a topic of interest?

Our Absent Teachers

How do you usually choose the books you will read? Think of the last five to ten books you read—how did you choose them? How did you find out about them?

How can you use a book as a springboard for personal thought?

Gathered Together

How does a common body of knowledge build closeness and unity within a group? How does this apply to the groups and community of which you are a part?

For you, what are the advantages and disadvantages of learning within a group? How would others in a group benefit from your presence and participation?

Make a list of group learning activities available within your community, including your neighborhood and church, nearby schools, learning hostels, adult education programs, etc. If you like, expand your list to include out-of-area options, such as travel tours, conferences, or workshops. Consider what group learning opportunity would be a good one for you. Make a plan to participate.

The Round Table of Counsel

Where do you typically turn first for counsel?

How can you judge a source of counsel as wise and worthy to be listened to?

How and when do you seek counsel from God?

In your head or in your journal, think about the people in your life who make up your virtual round table of counsel. What qualities earned them a place at the table? How do you nurture those in this group and how do they nurture you? Is God part of this group? Why or why not?

Chapter 13: Rhythm: Work and Rest

Sustained and Productive

What is your reaction to the example of Anthony Trollope and his writing schedule?

Can you think of an example from your life in which you lost momentum and progress in a project that was important to you because your efforts were not sustained over time?

Can you think of an example from your life in which you accomplished your goal through consistent and steady work and progress, even if it was a little bit of work and progress at a time?

What does it cost you to be inconsistent and nonproductive with regards to a project that is important to you?

Swimming Under Water

For what activities do you need to be fully focused and free from distractions? How can you plan for this?

Reflect on ways you cultivate concentration, despite distraction.

What distractions are problematic for you? Consider those from outside yourself, as well as those from within.

How can you discern between distractions to be avoided and interruptions that should be welcomed and attended to?

Saving the Best Strength

Picture your mental energy as a pile of 100 pennies. How is it spent over the course of a week? (Consider activities, as well as energy-draining thoughts or emotions.) How do you make deposits back to the pile?

How is the concept of “saving the best strength” related to the concept of thinking well in the midst of everyday life?

Do you have a clear idea of the God-given tasks assigned to you? What might you have to say no to or cut from your life in order to accomplish those tasks?

Beachcombing

Reflect on the quote by Anne Lamott (p. 159). What activity “rinses out your brain,” “expands you,” “slows you down”?

After reading the suggestions for activities of creative idleness, what activities would you like to be a part of your life? How can you integrate them into your routine? How will you capture any creative mental fruit that may arise during or after those activities?

On a scale of 1 to 10, how oriented is your leisure time toward activities of entertainment? Using the same scale, how oriented is your leisure time toward activities of creative idleness? What is the difference between these two types of activities?

Rejuvenation

Describe your peak periods of mental stress. When do they occur? How do these periods affect various aspects of your life—ie, your productivity, relationships, sense of joy, mental and physical well being, spiritual peace?

Free your imagination. Create a mental picture of an ideal “true and solid break.” What part of that ideal picture can you turn into reality either as part of a vacation plan or as part of a daily break routine?

What is your typical Sabbath like? Would it fit the description of a “day of rest”? How can you add more rest to your Sabbath?

Chapter 14: Action

Knowledge Lived

Referring to the statement at the top of p. 165, name up to five predicaments you might have avoided during the last year if only you had acted on what you knew?

Consider the questions in the middle of p. 165. Have you taken a reasonable amount of personal action based on the amount of knowledge God has made available about himself? As your knowledge of God has grown, have you acted on it in increasingly significant and mature ways?

Reflect on the “rich marinated mix of knowledge” that you already have to “put on the table of your life” How are you using this marinated mix? For what has this prepared you?

To Choose the Way

What does the author mean by the statement, “To give thought to one’s choices and ways is to stake a claim on one’s life”? Do you agree or disagree? Why or why not?

How can reading the ancient stories of Scripture and biographies of great men and women help us to choose our paths?

Reflect on the words of Jeremiah on p. 168. How can choosing the “good way” provide “rest for your soul”?

Contributions of Excellence

What contributions of excellence have you already contributed to your family, friends, and community?

Reflect on a contribution you have yet to make. How will you apply your mind and your hands to make this contribution possible?

Read through the story of Queen Esther in the Book of Esther. Spend some time with these words from the fourteenth verse of the fourth chapter, “And who knows but that you have come to royal position *for such a time as this?* [emphasis added]” How can you think of your life within the context of these words?

A Link in the Chain

How have you benefited from people marking their paths? Who have been the links in the chain of your life?

To what can you bear witness? What marked path can you illuminate for those around you? What can you share with those in your sphere of influence—those you know personally or those you may never meet?

Who needs what you have to share? To whom can you pass on your knowledge, experience, passion? In what ways could you pass this on?

Chapter 15: The Conclusion of the Matter

The Pursuit of Wisdom

What new thoughts about wisdom did you have during or after reading this section?

What is the connection between applying your mind to know wisdom and awe of God? What is the connection between awe of God and wisdom?

Do you agree or disagree with the author's assertion that each of us is called "to apply our minds to know wisdom"? Why or why not?

Reunion

Why is holiness important?

What role does thinking well play in the matter of holiness? Reflect on how have you seen this association in your own life.

Reflect on the excerpt from *Brothers Karamazov* by Fyodor Dostoevsky (p. 178). What does it mean to "live for immortality"? Why did the author place this excerpt within this section?

Thinking with Your Face Toward the Light

What does the author mean by “thinking with your face toward the light”? Do you think this is a valuable goal? Why or why not?

How does this section relate to the first section, “A Mind In Love With God”?

In what ways have you benefited from reading *Just Think*?

What changes have you made in your life as a result of thinking about these ideas and suggestions? What has been the outcome? What changes do you plan to yet make?

Write down at least three things you have learned that you want to make sure that you remember one year from now.

Write down at least three strategies to use your mind more fully in everyday life that you want to make sure you have integrated into your life one year from now.