Book Club Questions for

THE POWERFUL PURPOSE OF INTROVERTS

by Holley Gerth
No small talk. You’re welcome.

**Chapter 1: What Being an Introvert Really Means**

1) What prompted you to read this book now? What do you hope to gain from reading it?

2) What’s one thing that surprised you in the introduction? Why?

3) Jenn Granneman says, “Instead of seeing your introvert qualities as your biggest flaws, consider that they may actually be your biggest strengths.” Have you thought about introversion this way before? Why or why not?

4) What’s one thing you learned from the section about neurotransmitters, nervous systems, and brain pathways?

5) How would you summarize the differences between introversion and shyness?

6) Where did you place yourself on the introvert/extrovert continuum? How has your location on the continuum changed over time or with circumstances in your life?
7) What do you want more of in your life as an introvert or extrovert? What do you want less of?
8) Who is an introvert in your life you admire? What traits stand out to you about them?
9) Holley said, “When I read the science about who we are as introverts, I feel wonder and gratitude. I think of how the psalmist said, ‘I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well.’” What’s one thing you’re grateful for about being an introvert or extrovert?
10) What sentence spoke to you most in this chapter? Why?

Chapter 2: A Deeper Look at Who You Are

1) “Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don’t be impressed with yourself. Don’t compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life” (Galatians 6:4–5 MSG). What do you think it means to “do the creative best you can” with your own life?
2) What do you think influences the way we see ourselves, for better or worse? What’s an example from your life of when someone saw something positive in you and it helped you become more of who you are?
3) How would you summarize the differences between being self-critical, self-focused, and self-aware?
4) Which Myers-Briggs type do you think you are? What words or phrases in the description of your type stood out most to you?
5) Which Tendency do you think you are? What words or phrases in the description of your Tendency stood out most to you?
6) Which Enneagram number do you think you are? What part of the description resonated most with you?

7) What are your top two love languages? What’s an example of when someone used your love language to connect with you?

8) What’s one aha moment you had about yourself as you went through this chapter?

9) When we become more aware of ourselves, we become more aware of others too. What’s something you realized about someone else in your life while going through these tools?

10) What sentence spoke to you most in this chapter? Why?

**Chapter 3: Strategic Solitude**

1) What’s the longest you’ve ever been by yourself? How long do you think you could be by yourself without getting lonely?

2) How would you describe the difference between isolation and solitude?

3) How can you tell when you need time alone? How can you tell when you need time with people?

4) Did your score on the Social Isolation/Connection Quiz surprise you? Why or why not?

5) What are the biggest obstacles or distractions to solitude in your life right now? What helps with those?

6) What do you like to do when you have time for solitude?

7) Which items on the 12 Ways Solitude Makes You Stronger list did you relate to most? What are some examples of those in your life?

8) Are there any lies standing in the way of your solitude? For example, “Spending time alone is selfish.” What truth
replaces that lie? For example, “Spending time alone helps me love others well.”

9) Solitude led to a turning point for Emma Gatewood. What’s a time in your life when solitude helped you make a change, have an aha moment, sense God’s voice, or transformed you in some other way?

10) What sentence spoke to you most in this chapter? Why?

Chapter 4: Meaningful Connection

1) What’s an awkward moment you’ve experienced? We all have them.

2) Have you ever seen someone else experience an awkward moment? How did you respond?

3) What happens to your mind and body when you feel awkward? What stood out to you in the section about those reactions?

4) Why do you think humans hide even though we really want to be seen, known, and loved?

5) Did the research about how many relationships people actually have surprise you? Why or why not?

6) What are three qualities you chose from the Relational Strengths list?

7) How would you describe the difference between a one-sided and one-another relationship?

8) Think of one person who has loved you well. What did they do that made you feel loved?

9) How do you most enjoy connecting with people? What’s one way you want to connect with someone this week?

10) What sentence spoke to you most in this chapter? Why?
Chapter 5: Genuine Influence

1) How would you have defined influence before reading this chapter? What’s one new thought you have about influence now?

2) Who is in your sphere of influence in this season of your life?

3) Who has influenced your life most? How so?

4) What’s a story you’ve heard or personally experienced of “genius opposites” (an extrovert/introvert pairing) that makes both stronger?

5) What’s an example you’ve seen of the transition in our culture from an Alpha style of influence to a Gamma one? (Example: People getting their news from peers or social media rather than a news anchor.)

6) What fears try to hold you back from influencing? What helps give you courage to move past them?

7) What’s something you’re passionate about? How have you noticed yourself talking about it or acting in ways that influence those around you?

8) Brandon Cox says, “Be you. Be the leader God carefully crafted from the womb. Know your strengths and weaknesses. Intentionally grow in areas you find challenging as a leader. But reject the pressure to conform to a certain image of what a good leader must look like.” What’s an area you find challenging when you think about influence? How would you like to grow in it?

9) For what do you most want to be remembered? What legacy do you want to leave?

10) What sentence in this chapter spoke to you most? Why?
Chapter 6: Sacred Confidence

1) When you read Taylor’s message, what was your reaction? What could you personally relate to or what made you think of someone in your life?

2) If you wrote a message like Taylor’s, sharing your struggles with spirituality and your questions about it, what would it say?

3) “Make it your goal to live a quiet life” (1 Thess. 4:11). What do you think that means?

4) This chapter shares context and a backstory for spirituality in our culture. What did you find most interesting? Do you have any other observations you’d like to add?

5) Do you see spirituality and science as being separate or connected? How so?

6) What’s a lie you’ve believed about being an introvert that has affected your spiritual life? What’s actually true?

7) Which spiritual pathways resonated most with you? Share an example from your life showing what those pathways look like for you.

8) What introvert hacks, like carrying earplugs, are helpful for you? Did any new ones come to mind while reading this chapter?

9) What gifts do introverts bring to churches and communities? What gifts do extroverts bring? How are we better together?

10) What sentence spoke most to you in this chapter? Why?
Chapter 7: True Well-Being

1) What messages about happiness did you hear from your family growing up, the culture around you, and spiritual sources?

2) Now that you’ve learned more about true well-being, do you think the messages you heard were true? If not, what are new thoughts you have about happiness?

3) What are three of your happiness synonyms from the list in this chapter?

4) What’s an example you’ve seen of introverts and extroverts experiencing happiness differently?

5) What’s a way you tried to find happiness that ended up not working? What’s something that does bring you happiness?

6) “I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God” (Eccles. 3:12–13 NIV). What do you think Solomon means?

7) Which one or two happiness styles resonated most with you? What’s an example of those in your life?

8) Do you agree with this quote from the chapter: “If you ask me what’s the most terrifying, difficult emotion we feel as humans, I would say joy”? Why or why not?

9) Tim Keller says, “Shalom experienced is multidimensional, complete well-being—physical, psychological, social, and spiritual; it flows from all of one’s relationships being put right—with God, within oneself, and with others.” When have you experienced a moment that felt like Shalom?

10) What sentence spoke to you most in this chapter? Why?
Chapter 8: Hard-Won Resilience

1) When have you gone through a hard time and gotten back up? What helped you do so?

2) Why can depression and anxiety sometimes be hard to talk about? What would make it easier?

3) What’s your experience with depression or anxiety (example: personally struggled, know someone, learning about it)?

4) Were you familiar with all the kinds of depression and anxiety? What’s one new thing you learned?

5) Which lines in the “Hey Depression and Anxiety” letter spoke most to you, even if you haven’t struggled with depression and anxiety personally?

6) Who do you admire, not because of their easy life but because they’ve shown you what it means to be resilient, to keep getting back up?

7) If someone is experiencing shame or guilt because of their struggle with depression or anxiety, what would you say to them?

8) What’s a myth you’ve heard or believed about depression or anxiety? What have you discovered is true instead?

9) Introverts are more at risk for depression and anxiety. What’s one way you’re taking care of yourself in each of these areas?
   Physical:
   Emotional:
   Social:
   Spiritual:

10) What sentence spoke to you most in this chapter? Why?
Chapter 9: Sharp Thinking

1) As a kid, what did you daydream about, pretend to do, or enjoy imagining?
2) What “squirrels,” such as worry, fear, or insecurity, try to mess with you most? What helps when that happens?
3) How would you describe the difference between rumination and reflection?
4) What’s your signature lie? What truth can replace it?
5) Think of a time something negative happened and you criticized yourself. What would you say to someone you care about in that same situation?
6) How have you experienced pressure to perform or be perfect? What helps you focus on growth instead?
7) When have you experienced flow? What were you doing and how did you feel?
8) Who do you admire because of their wisdom or brilliant thinking? What have they taught you or how have they inspired you?
9) What do you enjoy thinking about or learning? What’s something you’d like to better understand?
10) What sentence spoke most to you in this chapter? Why?

Chapter 10: Insightful Perception

1) How would you have defined sensitive before reading this chapter? How would you do so now?
2) When do you pay attention to details that others seem to miss? Describe an example.
3) When are you the most focused on what you’re doing? Describe an example.
4) When someone asks you for advice, what are they usually asking you about? Describe an example.

5) Based on your answers to the previous questions (2–4), what might be some areas of specific perception for you? There could be just one or a few. Have you ever thought about those areas in this way before? Why or why not?

6) What was your score on the HPP evaluation? What’s one statement that sounded like you and one you didn’t relate to?

7) How do you know when you’ve reached your “done” point? What three things help you recover when you’ve reached that point?

8) Who’s an example of someone who’s both sensitive and strong? How do they inspire you?

9) What’s one way you can use your perception this week? Who will it help?

10) What sentence spoke to you most in this chapter? Why?

**Chapter 11: Intentional Energy**

1) Have you ever had an “introvert hangover”? What brought it on and which symptoms did you experience?

2) What are three activities in your life that are energy expenses? What are three energy deposits?

3) What foods help you feel your best? What makes it easier for you to eat well?

4) Think of a time you enjoyed being physically active. What were you doing and who were you with?

5) How much sleep do you need to feel your best? If you’re not getting it, what’s one small change you could try this week?
6) How is technology helpful in your life? When is it draining or distracting, and what’s one small change you can try this week?

7) What physical space restores your energy? Describe what you love about it.

8) Is it hard for you to say no? What helps you say no so you can say yes to what’s best?

9) Greg McKeown had an aha moment that helped him realize what was really worth his energy. What’s a similar moment in your life? What did you realize?

10) What sentence spoke to you most in this chapter? Why?

Chapter 12: Live Your Powerful Purpose

1) What are three of your strengths? What’s an example of a time you’ve used your strengths?

2) What are three of your skills? What’s an example of a time you’ve used your skills?

3) Who are you helping in this season of your life, and how are you doing so?

4) What’s your rough draft Introvert Purpose Statement?

5) How do you decide what to do each day? What approaches or tools have been helpful to you?

6) Wayne Cordeiro says, “I had to rethink what was most important to me—what God had asked me to do—and how I would restructure my life. I had to think what my last 5 percent would include. What were the things that only I could do . . . ?” What matters most to you and what can only you do?

7) What’s one new insight about being an introvert you’ve learned from this book? How will it make your life better?
Book Club Questions

8) Who in your life can you tell about what you’ve learned? How will it help them too?

9) Why do you think God revealed himself through a gentle whisper? How do you think he reveals himself through who we are as introverts?

10) What sentence spoke to you most in this chapter? Why?