Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Session One: Belief & Generativity (Chapters 1–2)

Opening Prayer

Heavenly Father, thank You for bringing us together to explore the gift of saying yes to God's will In our lives. Open our hearts to recognize the opportunities in our lives and embrace Your grace. Guide our discussions and deepen our faith through the wisdom shared in this session. Amen.

Themes for Session One

- Rediscovering what we believe about God and ourselves
- Moving from fear-based living to grace-based living
- Generativity: investing in what will outlast us
- Midlife as invitation, not diminishment

Resources

- Video: Grace of Yes Week 1
- Article: Grace of Yes Chapter 1
- Article: Grace of Yes Chapter 2

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections

Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Discussion Questions

- Lisa writes about the importance of belief. What core beliefs most shape your daily decisions?
- Where have you noticed "limiting beliefs" holding you back from saying yes?
- How would you define generativity in your own life right now?
- What does it mean to you to create something that lasts beyond you?

Action Item

Write a short personal "Belief Statement":
"Because I believe ___ , I will say yes to ___."

Closing Prayer

Lord, thank You for helping us explore the ways You reveal Yourself to us. May we continue to seek Your presence in our daily lives and invite Your grace Into our hearts. Amen.

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections

Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Session Two: Creativity and Integrity (Chapters 3-4)

Opening Prayer

Heavenly Father, thank You for bringing us together to explore the gift of saying yes to God's will In our lives. Open our hearts to recognize the opportunities in our lives and embrace Your grace. Guide our discussions and deepen our faith through the wisdom shared in this session. Amen.

Themes for Session Two

- Creativity as participation in God's work
- Blooming where planted
- Alignment between faith and action

Resources

- Video: Grace of Yes Week 2
- Article: Grace of Yes Chapter 3
- Article: Grace of Yes Chapter 4

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections

Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Discussion Questions

- Lisa expands creativity beyond art. Where does creativity show up in your daily life?
- What keeps you from fully offering your gifts?
- Integrity implies alignment. Where do you feel most aligned in your life? Least aligned?
- How does integrity protect creativity from becoming ego-driven?

Action Item

Choose one small act this week that aligns your gifts more clearly with your faith, especially in a public setting.

Closing Prayer

Lord, thank You for helping us explore the ways You reveal Yourself to us. May we continue to seek Your presence in our daily lives and invite Your grace Into our hearts. Amen.

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections

Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Session Three: Humility and Vulnerability (Chapters 5-6)

Opening Prayer

Heavenly Father, thank You for bringing us together to explore the gift of saying yes to God's will In our lives. Open our hearts to recognize the opportunities in our lives and embrace Your grace. Guide our discussions and deepen our faith through the wisdom shared in this session. Amen.

Themes for Session Three

- Humility as right-sized self-understanding
- Letting go of self-protection
- The courage to be seen honestly
- Strength through surrender

Resources

- Video: Grace of Yes Week 3
- Article: Grace of Yes Chapter 5
- Article: Grace of Yes Chapter 6

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections

Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Discussion Questions

- What is the difference between humility and self-deprecation?
- Where is vulnerability hardest for you — family, friendship, work, ministry?
- How does vulnerability strengthen rather than weaken relationships?
- What might God be asking you to release in order to grow?

Action Item

Share something honest this week with someone you trust; perhaps a fear, a hope, or a struggle instead of managing your image. Ask for prayer.

Closing Prayer

Lord, thank You for helping us explore the ways You reveal Yourself to us. May we continue to seek Your presence in our daily lives and invite Your grace Into our hearts. Amen.

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections

Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Session Four: Saying "No" and Rebirth (Chapters 7-8)

Opening Prayer

Heavenly Father, thank You for bringing us together to explore the gift of saying yes to God's will In our lives. Open our hearts to recognize the opportunities in our lives and embrace Your grace. Guide our discussions and deepen our faith through the wisdom shared in this session. Amen.

Themes for Session Four

- Saying "no" is an act of discernment that protects your true vocation.
- Healthy boundaries create space for deeper, more faithful yeses.
- Letting go of what no longer serves you opens the door to growth.
- Rebirth is God's work in you — renewal that follows surrender.

Resources

- Video: Grace of Yes Week 4
- Article: Grace of No Chapter 7
- Article: Grace of Yes Chapter 8

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections

Catholic Mom Book Club

The Grace of Yes by Lisa Hendey

Discussion Questions

- Which is harder for you: saying no to others or saying no to yourself? Why?
- How do you discern between a loving sacrifice and unhealthy overextension?
- Have you experienced burnout from too many "good" yeses?
- What in your life feels like it is ending — or needs to end?
- Where might God be inviting you into rebirth right now?

Action Item

Identify one commitment, expectation, or internal pressure that may require a prayerful "no." Ask: If I release this, what space might God create?
Journal about what rebirth could look like in that freed space.

Closing Prayer

Lord, thank You for helping us explore the ways You reveal Yourself to us. May we continue to seek Your presence in our daily lives and invite Your grace Into our hearts. Amen.

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Book Club selections