

A portrait of Mandisa, a Black woman with her hair styled in many small braids that are gathered at the top of her head. She is wearing a dark blue, off-the-shoulder top and a necklace of dark, round beads. She has a serene expression and is looking slightly to the right of the camera. The background is a soft, out-of-focus gradient of light colors.

MANDISA

*Out of
The Dark*

JOURNEY FROM DEPRESSION
TO FINDING GOD'S JOY

BOOK CLUB GUIDE

CHAPTER 1

Kisha made an impact on Mandisa's life through the kind of person she was and the way she worshipped. Who is a person who has greatly impacted your life?

Did you ever pray big for something and receive "no" as an answer? How did you feel? How did it affect your relationship with God?

When you're walking through difficult circumstances, what are your go-to ways of coping? How do these behaviors draw you closer to God or push you away from Him?

CHAPTER 2

Think of a time when you struggled to fit in. What happened? What did you learn through the experience?

Sometimes experiences from our formative years shape us and influence our present struggles. What are some experiences from your past that affect you now?

Has God ever led you on an unfamiliar path? How did you see God's provision through the experience?

CHAPTER 3

Name a time in your life when you experienced massive spiritual growth. What factors led to this experience?

Travis Cottrell and Beth Moore had a big influence on Mandisa's spiritual life. Name someone who has had a big effect on your spiritual life and what you learned from that person.

CHAPTER 4

Name a time when God used you to speak His truth, encouragement, or comfort to someone else. What happened?

God used Mandisa's last event with Living Proof Live to prepare her heart for what she would experience during Hollywood week. Think of a time when God used something to prepare you for a season ahead. How did it come together for you?

Mandisa's friends ministered to her and comforted her in a moment when she was hurt and embarrassed. What are some of the benefits of doing life in community with others?

CHAPTER 5

Have you ever taken a bold stand for Christ and experienced a backlash for it? How did God use that situation for His glory?

Think of a time when you felt that God let you down. How did you respond? What did you learn about who God is? About yourself?

CHAPTER 6

Talk about a time when you fell into the comparison trap and were tempted to base your value on your performance.

Mandisa's community was vital in me achieving her weight loss goal. How have your friends helped you reach a goal or navigate a difficult season?

In life, good and hard coexist. Talk about one good thing in your life right now and one hard thing. How is God present and at work in each?

CHAPTER 7

Satan can be a crafty adversary. Have you ever been tricked by His lies about you or your circumstances? What happened?

In what ways is Christian community essential in our everyday lives? What are some ways you can cultivate healthy friendships?

Who do you know who might need some "sticky note" encouragement today?

CHAPTER 8

Have you ever felt like you had to "fix yourself" before you could come to God? What happened?

Mandisa writes about how she was so impacted by the stories of Jeremy Camp and Danny Gokey. How have you been impacted by another believer's story? How has your story affected someone else?

Prayer, reading scripture, and attending church are all ways to "feed on light." How are you incorporating these three things into your life? Do you need to add more?

CHAPTER 9

Mandisa says she was encouraged when her brother John received the gift of salvation. Have you ever experienced an answer to prayer that strengthened your faith? What happened?

“It’s easy to focus on everything that’s going wrong and forget that we have good news. When we see something happen that only God can do, we need to proclaim it to others.” Talk about a time when you proclaimed the good news to others.

Going through a difficult season can open up opportunities to have important conversations. How have you seen God use your pain and hardship for His glory and your good?

CHAPTER 10

How can the concept of “coming to the table” and having face-to-face conversations aid our conversations about racial injustice and other divisive issues?

Mandisa writes about when she felt prompted to write a letter to Christian radio, pointing out the lack of diversity and opening up a discussion about racial issues. Talk about a time when you felt prompted to do something difficult or awkward for the benefit of the kingdom.

Think of a time when you attempted to facilitate reconciliation between two opposing groups. What happened? How did God walk with you through that?

CHAPTER 11

Think of a time when it felt like your world turned upside down. What did you learn through that experience?

What are some ways you have found to connect with the Lord and allow Him to show you His love?

Getting her dog, Kiya, became an unexpected joy for Mandisa during a difficult year. Think of a time when God sent you encouragement at just the right time. What happened?

CHAPTER 12

According to the Bible, what does it mean to be an overcomer?

Do you have a “scar story”—a time when God brought you through something hard or redeemed bad choices in your life? What happened? Is there someone who needs to hear your scar story?

The Christian life is a process of being transformed into the image of Jesus by small increments. How does this understanding of faith encourage you or change your perspective?