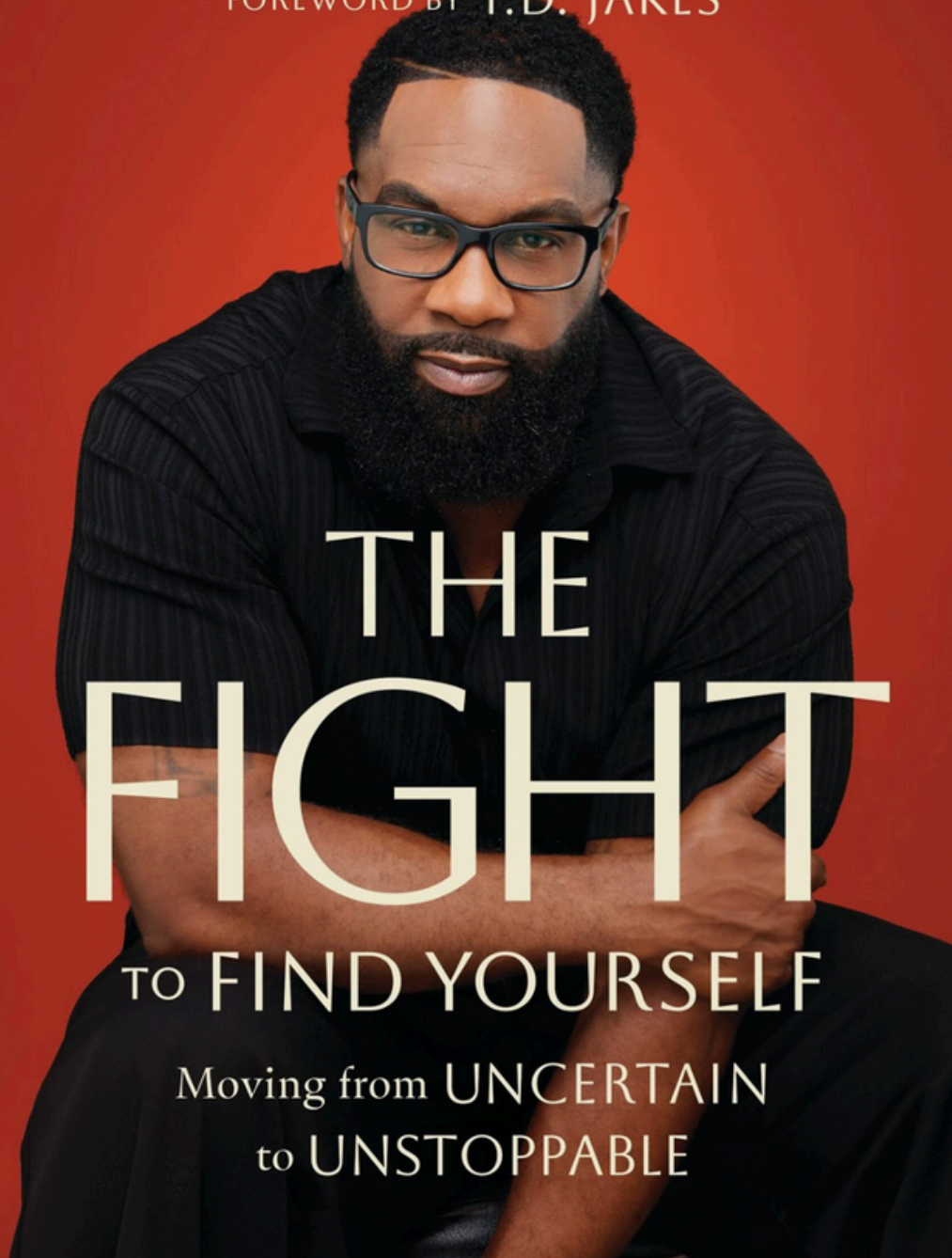


JOEL TUDMAN

FOREWORD BY T.D. JAKES



THE
FIGHT

TO FIND YOURSELF

Moving from UNCERTAIN
to UNSTOPPABLE

Reader's Group Guide

DISCUSSION QUESTIONS

Identity and Authenticity

1. Joel asks, “Do you ever feel like you’re pretending?” — What parts of your life feel inauthentic or performative right now?
2. What do you believe God says about who you truly are—beneath the roles, expectations, and failures?
3. Have you ever caught a glimpse of your “real self”? What was happening in that moment?
4. What masks do you tend to wear in different areas of your life (work, family, church, social media)?
5. How would your life change if you lived every day from the core of who God made you to be?

Facing Deep Beliefs and Disappointments

1. What deeply held beliefs about yourself were shaped by pain, failure, or upbringing?
2. Can you name a disappointment that still shapes how you see your value or purpose today?
3. How has grief or confusion clouded your sense of direction?
4. What lies about your identity have you agreed with that God never said about you?
5. What would it look like to face—not avoid—your pain in a healthy, healing way?

DISCUSSION QUESTIONS

Transformation, Growth, and the Fight

1. What does "fighting to find yourself" mean to you personally?
2. Joel talks about needing prayer, therapy, and reconnection. Which of these three feels hardest for you, and why?
3. How do you react when you feel emotionally overwhelmed—do you shut down, lash out, or escape?
4. What are 1-2 emotional or spiritual patterns you're working to unlearn?
5. How do you know when it's time to ask for help—and what usually stops you?

Calling, Purpose, and Bold Transitions

1. What calling do you sense God has placed on your life—even if it scares you?
2. Do you struggle to believe that you're "good enough" to be used by God?
Why or why not?
3. What transition are you currently facing (career, relationship, faith, identity)?
How can you move through it with boldness and confidence?
4. What does it mean to walk in your calling when you still feel broken or unfinished?
5. How do you define success now—and how does that align with God's definitions?

DISCUSSION QUESTIONS

Relationships, Healing, and Support Systems

1. Who are the key mentors, friends, or spiritual guides in your life right now? Are you seeking or avoiding support?
2. Joel discusses how healing requires reconnecting with others. What relationships might need repair or re-engagement in your life?
3. How does shame affect your ability to ask for help or admit where you're struggling?
4. What kind of community do you need to thrive—and where can you begin finding or building it?
5. If someone really knew you—your story, your struggles, your calling—what do you think they would see that you've been missing?

LEAVE A REVIEW

We'd love to hear what you think! Please consider leaving a review of the book on a book review site, like GoodReads, or at the retailer or library where you got the book.

