

# *Faith & Fellowship*

## **Book Club**

**ALL ARE  
WELCOME!**



### **Interior Freedom by Jacques Philippe**

January 10th @ 10 - 11:30 am

*St Anne Assembly Room*

Interior Freedom by Jacques Philippe is a short but profound spiritual book about finding true freedom within ourselves, regardless of external circumstances. Philippe teaches that real freedom does not depend on what happens to us, but on how we respond—on our ability to choose love, trust, and peace in every situation. Please use the following discussion questions as a guide.

#### *Part I: Freedom and Inner Peace*

- Philippe says, "Our freedom depends on the capacity to welcome what we did not choose." What does this mean to you? How can we practice this in daily life?
- How do you understand the difference between outer freedom (freedom from constraint) and inner freedom (freedom of heart)? Which type of freedom do you tend to focus on most?
- The author insists that true freedom is rooted in love. In what ways do love and freedom depend on each other?

#### *Part II: Accepting Ourselves and Others*

- How does Philippe's view of acceptance differ from resignation or passivity? What does it mean to 'consent to the reality of our situation'?
- He writes, "To love ourselves is to consent to be what we are, with all our limits." What limits or weaknesses are hardest for you to accept? How can acceptance open the door to transformation?

#### *Part III: Hope, Trust, and Abandonment to God*

- "Trust is the fruit of love." How does trust in God relate to interior freedom? How can we grow in trust even when we feel anxious or powerless?
- What role does hope play in the journey toward inner freedom? How is Christian hope different from optimism?

#### *Integration and Reflection*

- How does this book challenge our culture's definition of freedom?
- Philippe says, "The worst prisons are not those made of stone, but those we build for ourselves." What 'inner prisons' do you think people struggle with most today?

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