

Companion Guide

*For God in the In-Between:
A Daughter's Story of Faith, Family & Healing*

Study Guide for All Readers

"To plant a seed is to believe in tomorrow." — Hmong proverb

"Behold, I am making all things new." — Revelation 21:5

Introduction

This *Companion Guide* was born as an extension of **God in the In-Between: A Daughter's Story of Faith, Family & Healing**.

It is not a textbook, nor a manual to master. It is meant to walk beside you — like a companion on a journey. The guides inside are arranged for different audiences: readers, pastors, scholars, and the next generation. Each one offers themes, questions, and reflections to help you enter more deeply into your own story while holding the story I have shared.

The word *companion* comes from the Latin *com* (“with”) and *panis* (“bread”). A companion is one you share bread with. In the same way, this guide is an invitation to sit at the table with your own life, to break open your story, and to see what fruit God may bring from it.

You will notice that I use the phrase **Study Guide**. That word signals structure — a way to pause, notice, and name what is stirring in you. But beyond study, this is about communion: discovering how your life, your history, and your faith intersect with the God who meets us in the in-between.

Whether you are reading as an individual, with a small group, in a classroom, or in a church community, may this guide give you permission to reflect honestly, listen deeply, and plant new seeds of healing.

Take your time. Linger on the questions that open your heart. Skip the ones that do not. There is no rush, no race. Only the invitation to walk slowly, with God and with others, into the garden of your own becoming.

A Note from the Margins

This companion guide is not polished for perfection. It is born from wounds and wonder, written in the in-between where God met me. What you hold in your hands is not curriculum. It is testimony. It is seed. It is the work of God through a daughter of the margins. Enter it gently. Enter it honestly. Enter it as holy ground.

You do not need to be a scholar, a pastor, or a leader to enter this space. You are here because you carry a story — fragile, beautiful, unfinished. This guide is for you who walk between cultures, between faiths, between seasons of loss and becoming. Here you are invited to lay down what is heavy and to pick up what is life-giving. Come as you are. This is holy ground, and you are welcome here.

Study Guide for All Readers

For God in the In-Between: A Daughter's Story of Faith, Family & Healing
New Eden Invitation Edition

Introduction

This guide is for anyone walking between worlds — between cultures, beliefs, or seasons of life. It invites you to explore your own story through the lens of “Eden”: the place of wholeness, peace, and deep belonging. You don’t have to share the author’s faith to walk this path; the questions are for your own discovery.

Eden is more than a garden in a book — it’s the place where you are most at home in yourself, in the world, and in the love that holds you. This guide will help you name what has covered you, remove what no longer serves you, and rediscover the fruit of your own life.

Part I: The Girl Who Loved Deeply (*Chapters 1–4*)

Themes: Identity, Cultural Roots, Belonging, Childhood Wonder

- **Reflection Prompts:**

1. What moments from your early life still shape how you see yourself today?
2. Who or what gave you a sense of belonging as a child?
3. What “roots” keep you grounded now, even in uncertain times?

Part II: The Cost of Being Chosen (*Chapters 5–8*)

Themes: Calling, Sacrifice, Life Crossroads, Choosing Integrity

- **Reflection Prompts:**

1. When have you had to make a difficult choice that shaped your future?
2. What has following your truth cost you?
3. How do you decide which paths are worth the sacrifice?

Part III: Ascending Home (*Chapters 9–11*)

Themes: Near-Death Moments, Spiritual Bridges, Generational Stories

• **Reflection Prompts:**

1. Have you ever had a moment that made you feel close to something beyond this life?
2. How do you bridge the differences between your own background and others?
3. What wisdom or healing would you want to pass on to the next generation?

Part IV: This Is How We Heal — Selah (*Chapters 12–14*)

Themes: Restoration, Reconciliation, Returning to Wholeness

• **Reflection Prompts:**

1. What “fig leaves” — fears, habits, or roles — have you used to cover yourself?
2. What parts of yourself are you ready to uncover and bring into the light?
3. If your life were a fruit, what would you want it to offer the world?

Final Reflection Exercise

At the end of the guide, take time to:

1. **Name** what no longer serves you.
2. **Release** it in your own way — through journaling, ritual, or conversation.
3. **Notice** what is already good and life-giving in you.
4. **Offer it forward** to others, as a gift from your story.

Closing Word for All Readers

As you come to the end, may you not see this as a closing but as a return — to your own story, to your own table, to the God who has been with you all along. You do not need to have answers. You only need to carry what is true. Take what has nourished you here, and plant it as seed for tomorrow.

Selah.