

Companion Guide

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

Study Guide for the Next Generation

"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.

To you who are rising — daughters and sons, grandchildren, nieces and nephews, you are the future gardens we dreamed of. This is for you. You may be the first to name your story, the first to walk a new path, the first to say, *“This ends with me.”* You carry both the roots of your ancestors and the fruit of tomorrow. Hold them with courage.

Study Guide for the Next Generation

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

Introduction

This guide is for those who will inherit the gardens we plant. You may be the first to name your story, or the first to walk a new path.

The questions here are for your courage — to hold what is worth carrying, and to release what is not.

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

Themes: Childhood, Identity, Roots

- What parts of your family story make you proud?
- What parts have been hard for you to carry?
- Who taught you how to love deeply?

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

Themes: Choices, Integrity, Sacrifice

- What decisions have shaped your path so far?
- Have you ever felt pressure to choose between parts of yourself?
- What does being “true to yourself” mean to you?

Part III: Ascending Home (Chapters 9–11)

Themes: Generations, Bridges, Legacy

- What wisdom has been passed down to you from your elders?
- How do you want to honor your parents and grandparents while still being yourself?
- What bridges are you called to build?

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

Themes: Healing, Wholeness, Renewal

- What parts of your story do you want to heal?
- Where do you already see God or goodness at work in your life?
- If your life were a garden, what fruit would you want it to give others?

Final Exercise

- Write a letter to your future self, telling them what you want to carry forward.
- Share a piece of your story with someone younger than you.
- Plant something — literally or symbolically — as a sign of your future growth.

Closing Word for All Readers

As you step out from these pages, may you know you are not alone.
The prayers of your elders are woven into your steps.
The tears of those before you water the soil beneath your feet.
Walk boldly, plant tenderly, and love deeply.
And may your life bear fruit that will nourish generations yet to come.