

Writing Towards Hope

A Companion Journal for an
Online Book Club Featuring

**DESPERATE: HOPE FOR THE MOM
WHO NEEDS TO BREATHE**

By Sarah Mae and Sally Clarkson

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This journal was created to facilitate the online book club featuring the book Desperate: Hope for the Mom Who Needs to Breathe by Sally Clarkson and Sarah Mae. The journal was created by Amanda Pelser and Jodi McKenna and does not necessarily reflect the views of Sally Clarkson or Sarah Mae. The journal is free but please do not distribute this file in digital or print form. Additional copies may be obtained directly from <http://www.granolamom4god.com/2013/01/the-desperate-book-club.html>

Welcome to *Writing Towards Hope*, the journal for the *Desperate* Book Club hosted by [Granola Mom 4 God](#) and [The Pelsers](#). We're excited to have you join us!

Like many of you, we are knee deep in the throes of motherhood. And it can be rough, tearful, rewarding, messy, repetitive, awe-inspiring, and hard work. It's a package that comes unwrapped into your life . . . that keeps on giving.

Go grab your book, *Desperate: Hope for the Mom Who Needs to Breathe* (paperback or electronic) and let's get started.

We will be praying for you and can't wait to see what God does as we dialogue in community over this book. We would love for you to use this journal to aide you in your growth as a mom and to foster space where you may interact with the living God.

Blessings,

Amanda & Jodi

Our Reading Schedule

Plan to read the chapter *by the date listed*. We'll start discussing that chapter on the date listed in the schedule. We have chosen to be realistic and only focus on one chapter a week – because the reality is that this is all we will have time to digest, especially if you are involved in another Bible Study.

Date	Read This Chapter by Date
January 14	Kick-Off
January 21	Introduction
January 28	Chapter 1
February 4	Chapter 2
February 11	Chapter 3
February 18	Chapter 4
February 25	Chapter 5
March 4	Chapter 6
March 11	Chapter 7
March 18	Chapter 8
March 25	Chapter 9
April 1	Chapter 10
April 8	Chapter 11
April 15	Chapter 12
April 22	Chapter 13
April 29	Chapter 14
May 6	Conclusion

Weekly Discussions

Throughout the week, we'll be discussing the book in a private Facebook group. To join the Facebook Group go the following link and request to join the group: [thepelsers.com/desperateFB](https://www.thepelsers.com/desperateFB).

Each Monday during the book club, you'll find a new post from Amanda or Jodi with some reflections from the chapter that will rotate between our two blogs. We will remind you of which site will be hosting the blog post on the Facebook group or we encourage you to sign up to receive both of our blog feeds so you are sure to never miss a post. If you're a fellow blogger, you're invited to link up a post with your insights from that same chapter. For non-bloggers, join the discussion in the comments of the post.

Instructions for Using Your *Writing Towards Hope* Journal

We have designed a purposed writing place for you to engage with what you are reading. Print the journal out as a booklet, and tuck it into your book or place it beside your eReader. You'll notice the following elements in the journal to guide you in your own personal study of the book:

Notes

Blank pages have been provided for each chapter to record your personal notes. Use these pages to record your favorite quotes as well as any insights you have while reading. Allow this to be the space to wrestle with your thoughts or write reminders to encourage your heart.

Scripture

The scripture references from the end of each chapter in the book have been listed on scripture pages for you. There's room to write the scripture and space to answer the questions from the book. #writetheWord¹ is a very useful tool when reading and studying scripture. To write the Word it literally means just that: write the Scripture found in your Bible. To learn more about this practice please visit granolamom4god.com/2012/08/writetheword-defined.htm

Something to Do

Application is a very important component of reading and studying scripture and to what you've read in *Desperate*. Take time to think about what you're going to do in response to what you've read and write out an action plan.

¹ #writetheword is a hashtag used on social media sites referring to the hand copying of scripture

Meet Your Book Club Co-Hostesses

Who is Amanda Pelser?

I have 2 little boys. Jonathan is about to turn 6 and Jacob is 2. We have another baby boy on the way. We don't have any family living near us. There are no older moms surrounding me, showing me the way. And I deal with depression. I'm a desperate mom.



I've found comfort and help in Sally's writing for years. Sarah's ebook, *31 Days to Clean*, changed my perspective on keeping my house. I was thrilled when I heard that they were teaming up to write *Desperate*. I loved *Desperate* because inside I found a friend who understands my struggles as a mom and a mentor to point my focus back to God. *Desperate* is both practical and inspirational.

Who is Jodi McKenna?

I am a mom of 4 little's. We weren't supposed to have any children, according to doctors, but we have been surprised by these miracles, currently 2, 4, 6, and 8. However, it is crazy busy in our house and LOUD.

Desperate resonates with me because I have "been there" and sometimes return to this mom who needs to breathe. I crave mentorship and loved feeling like I was a part of that sweet fellowship between a young mom and an experienced mom as I read this book.

It is my hope that you will feel loved on through



this book discussion. I pray that it will cause you to be bold and ask a godly mentor to walk through life with you for a season.