

THE  
HIDDEN  
LIFE

*Awakened*

Study Guide Questions

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**Page xiii  
Paragraph 1**

How can you positively impact your brain structure and renew your minds, to transform your spiritual, physical, mental and emotional well-being?



**Page xiii  
Paragraphs 2–3**

Describe the hope embedded in the process of spiritual self-directed neuroplasticity?



**Page 3  
Paragraph 1**

Reading the opening quote out loud – how do you relate to this plea? Do you have any similar feelings?



**Page 10  
Paragraph 2-3**

What gifts did Betty find in her darkness, pain, and suffering?



**Page 11  
Paragraph 1**

What does Betty teach that Jesus is calling us to, and how do we do this?



**Page 12–13  
Installation**

Will you try and practice any of these practices at home?



**Page 22  
Paragraph 1**

Describe the process of letting be, letting go, and letting in as it relates to your suffering.



**Page 23  
Paragraph 2**

What is the path to “resting in God” that Betty found in her life?



**Page 24-25  
Installation**

How does your brain form “new structure”?

How can you change your negative thought patterns?

What is one thing you can do to transform your focus immediately?



**Page 34  
Paragraph 1**

What are some primary causes of the shame we feel?



Page 34  
Paragraph 2

How do our illusions form?



Pages 36–37  
Installation

What are the 5 C's?

How might the name, claim and tame process help you with one of your “C” thought patterns today?



Page 47  
Paragraph 2

What encouragement do you find in the meditation, How Do I Build This Hidden Life?



Page 49  
Paragraph 1

How have you grappled with feelings of failure and shame?



Page 50  
Paragraph 2

What does it mean to be faithful in failure?



**Page 50**  
**Paragraph 3**

What does this mean to you, “trusting that because it is, it is good and for our highest good”? How have you seen this demonstrated in your life?



**Page 51–53**  
**Installation**

In what one area of your life can you commit to, “persevering in hope, trusting in the good not yet seen”?



**Page 53**  
**Paragraph prayer**

Slowly pray this prayer. Meditatively ponder and install the gift of being able to “see with Your eyes, hear with Your ears, and love with Your heart”.

What emerges for you as you sit with this meditation?



**Page 62**  
**Paragraph 2**

How would you describe cultivating what Betty calls reverent fear?



**Pages 64–65**  
**Installation**

Can you name just one fear from which you are seeking healing?



**Page 74  
Paragraph 2**

What Yes are you being asked to offer to a Why you are currently struggling with?



**Page 76–77  
Installation**

Walk yourself through this process of centering breath practice and notice which “C” might be causing you internal pain?

Will you practice surrendering this? As you move through the practice, what do you notice feeling?



**Page 83  
Paragraph 2**

What is just one thing in your life you are being asked to surrender?

How might you open to floating through the never-never land of the trapeze of surrender?



**Page 83  
Paragraph 2**

Describe what Betty says is critical to wholeness?



**Pages 88–89**

Describe the ‘button story’ and how you might use it to apply authentic love in one relationship in your life right now?



**Page 91**  
**Paragraph 2**

Describe the connection between change and growth. How have you witnessed this process in your own spiritual life?



**Page 93–95**  
**Installation**

As you ponder this Installation, what is one choice for health and life that you can make today? This week?



**Pages 97–98**

As Betty describes self-hatred, can you describe your own thought patterns telling you where you aren't good enough, strong enough, competent enough, spiritual enough, pretty enough? Where do they originate?



**Page 107**  
**Paragraph 2**

How does growing in awareness build more interior balance?



**Page 108–109**  
**Installation**

What would it look like for you to let go of a finite view of yourself?  
In what one area would you like a far greater vision for your life?  
What does this mean to you; “As your inner life expands, your outer life will expand”?



**Page 117**  
**Paragraphs 1-2**

Can you describe the process Betty calls, open-ended waiting?  
Is there one area of your life you might apply these spiritual truths?



**Page 118**  
**Paragraph 1**

Can you describe what Betty means when she says, “Eternity is now”?



**Page 119–121**  
**Installation**

Is there one particular area in your life where you are being asked to wait for guidance, direction, answers, healing, or restoration?

See if you can concretely identify just one way you might find hope in your waiting.

As you practice the guided meditation, what do you notice as you breathe, believe and express gratefulness?



**Page 126**  
**Paragraph 2**

What was one of the key discoveries for Betty about the nature of her reality?



**Page 126**  
**Paragraph 3**

Describe what Betty means when she says, “Trust and letting go work mysteriously together”?

What choice do we ultimately ever have?

In what one area of your life can you apply this transformative principle?



**Page 127**  
**Paragraph 1**

What is the three-step process of surrender that Betty learned?



**Page 128**  
**Paragraph 1**

What keeps us from seeing people, circumstances, or our life situation as it really is?



**Page 129**  
**Paragraph 2**

What happens when we let go of expectations we have of relationships?

Is there one relationship in your life where you are holding expectations for another to meet some need of yours or act in a particular way?



**Page 130**  
**Paragraph 1**

As we grow and heal spiritually, what changes regarding the chaos that surrounds us?



**Page 131**  
**Paragraph 1-2**

What particular “C” pattern might you name, claim and tame today?



**Page 132**  
**Paragraph 3**

What is the ultimate purpose of our lives?



**Page 134**

How might you create the space to rest in the Silence of God’s Spirit?



**Page 136–137**  
**Installation**

What do you need to let go of that might be holding you back from peace, gratitude or freedom?

What can you do today to facilitate this process in your life?



**Page 141**  
**Paragraph 2**

How does Betty speak about bringing God into ourselves?

Identifying one of your unique strengths and interests, how might you apply this teaching in one particular way?



**Page 144**

Reading the meditation, O Love, Struggling to Break Through. What inner knowing do you have? How might you apply it in your life today?



**Page 147**

As you practice the principles of *The Hidden Life Awakened*, how do you notice Beauty awakening within you?

Are you returning “again and again to the Source”?



**Page 148–149**  
**Installation**

Will you take some time to feel the pain of some perceived failure and trust that nothing is wasted enough to let it go in order to create the space for God to bring in something new?

How does this chapter encourage an awakening sense of hope in your life?

In what particular way might you apply this hope in a relationship with others, God, or yourself? It might be regarding a health challenge or a challenge in any other aspect of your situation or that of a loved one.



**Page 154–155**

What does Betty mean when she encourages us to keep our mouth closed and heart open?

Can you describe Betty's teaching on our conscious choice to love and forgive?



**Page 159**

Is there one relationship you are being called to reconcile?

Is there one particular way in which you are feeling called to reach back in love towards someone in your life, either living or passed?



**Page 160–161  
Installation**

How is love showing up in your life as you practice the principles you are installing through *The Hidden Life Awakened*?



**Page 169  
Paragraph 2**

How might you be being guided to rediscover the Beyond in your midst?

How do you sense and feel your heart awakening to a new way of seeing, being, and loving?



**Page 172–173**

What are the three supreme virtues that impacted Betty's spiritual life?

How might you install these more deeply into your own life?



**Page 174–175  
Installation**

Describe the journey to faith, hope and love you are on.

As Rilke says, how might you patiently come to love the unanswered questions in your own life?



**Page 179**

Have you deeply grieved your losses?

How might you be called to create the space for grieving them?



**Page 180–181**

What growth and gift did Betty experience in and through her profound grief?



**Page 182  
Paragraph 1**

How are you being called to trust the darkness of new birth?



**Page 186  
Paragraph 3**

How do you feel yourself being reshaped by Love into the likeness of Christ?



**Page 188–189  
Installation**

How does Betty describe prayer without ceasing?

What encouragement to listening to God can you apply in your life?



**Page 200**

Describe what Betty means when she talks about the process of becoming real?

How do you see yourself awakening to reality?

How does she describe the abundant life?



**Page 202–203  
Installation**

In your own life, how are you noticing gratitude being neuro-sculpted, more and more, into your awareness?



**Pages 206–207**

In what ways are you noticing the gift of the Giver in your own spiritual life?

What spiritual desires are you noticing in your own heart's awareness?



**Page 214–215**

As you are more and more creating a holy vacancy in your heart and praying to intensify your desire for God?

What do you notice awakening within you?

How have you noticed this impacting your relationships or your health?

How do you see everything in your life being woven together?



## Page 216

Close by reading the meditation of one who has persevered on her journey home to the heart of the Father.

Allow yourself to feel whatever stirrings and awakenings you are experiencing. Take a few quiet moments and write them down and date it. Claim this as a gift marking the beginning of profound healing and wholeness in your life.