

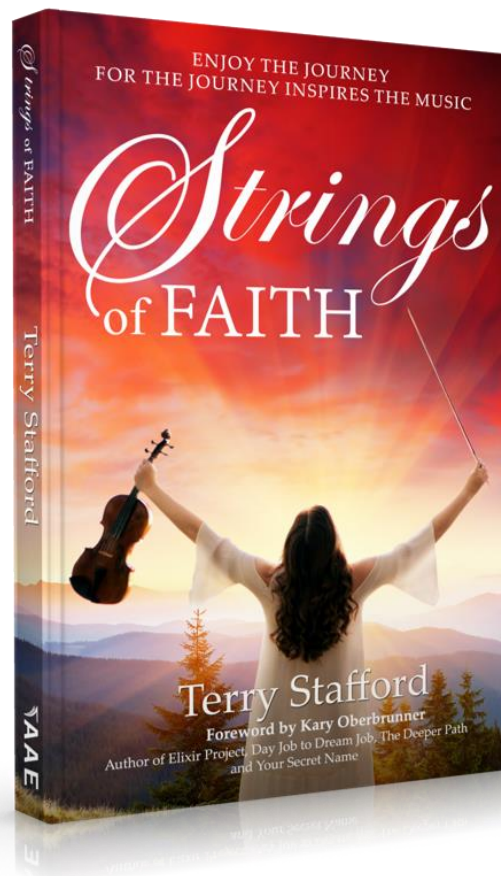
## Appendix A

### The Peghead Solution Workbook

In our story, *Strings of Faith*, our main character, Darcy, discovered what I now refer to as **The Peghead Solution**. This solution is based on the four primary notes on her fiddle: E for Empathy, A for Attitude, D for Devotion, and G for Gratitude. These principles are essential for developing the Joy Made Full that Jesus prayed for in John 17:13. I am providing this online appendix as a free workbook that might help you take a deep dive into your personal relationships, with the goal of establishing a solid foundation upon which to build them. Virtually every aspect of life requires strong relationships—yes, even for those of us who are introverts.

Below are some thought-provoking questions to help you reflect on your own life, like Darcy, to see how you're doing with the pegs of Empathy, Attitude, Devotion, and Gratitude. Tune each one of them, just as Darcy so carefully tuned her fiddle.

You might consider including *Strings of Faith* in your book club or Bible study group and use the below workbook as the basis for a 4-week study program. Enjoy!



## EMPATHY

We have all experienced unfair judgment in our lives. Maybe we have been judged ourselves by someone in the church or the community for our shortcomings and character defects. If we think long and hard, we might even remember a time when we judged others harshly for the way they spoke, or dressed, or believed. This kind of judgment typically results from a lack of understanding, or stereotyping, or jumping to conclusions. Even engaging in hardline interpretations of certain Bible passages can get us into trouble when looking at the lives of others, attempting to understand their motivations or belief systems.

1. Look up the definition of empathy. What does the word mean to you personally?
2. Can you think of a time when you weren't as empathetic toward another person as you should have been? Explain the circumstances.
3. How do you think you should have responded to the situation mentioned above?
4. If you are in a conversation with someone from a different faith background, how would you respond to a point of theological disagreement?

5. Explain how empathy helps us in our relationships:

## ATTITUDE

We all have attitudes about our lives and our surroundings—pretty much everything we encounter. How we view the world and respond to it is a reflection of our attitude, driven by the paradigm or the glasses through which we view it. In fact, it is often said that nobody can hurt us beyond what we are willing to allow, based on our attitudes alone.

1. Look up the definition of attitude. What does the word mean to you personally?
2. How does your belief system or worldview affect your attitude?
3. Did your environment as a child have an impact on your attitude, either good or bad?  
Explain:
4. What are some of the ways you've been able to change your attitude about certain things?
5. Does attitude have an impact on your relationships? Explain:

## DEVOTION

As we learned in Darcy's story, God plants the seed of a dream in each of us before we are even born. Then He entrusts us with gifts with which to pursue that dream. More often than not, we recognize this as children, but then are purged of it through social pressures or parental expectations. Our success or failure in reaching our dreams is directly proportional to our devotion to them—our ability to identify them and gain clarity around them. Once clarity is achieved, our devotion to a path is simplified. It's never too late.

1. Look up the definition of devotion. What does the word mean to you personally?
2. Besides your devotion to God and your family, do you have any dreams that you are devoted to? Explain:
3. Thinking back to your childhood, can you remember any gifts that God may have entrusted to you, in order to pursue a dream He planted? Had you forgotten about it? Why?
4. Do you have a dream for which you would like to gain clarity? A mission you know you should pursue? Explain:

5. This one might be a little more difficult. Does devotion in this context have an impact on your relationships? Explain:

## GRATITUDE

We often go through life focused on our struggles and our pain. We stress over the obstacles to success and remain focused on some goal off in the future. When we become so goal-oriented, we fail to see the many blessings right in front of our face. It is important that we remain forever grateful for what God has already provided—and that we take time to pause and step away from our daily grind, to simply look around and be thankful.

1. Look up the definition of gratitude. What does the word mean to you personally?
2. Do you keep a gratitude journal or include daily gratitude in your life journal or planner? If so, how has it affected your attitude?
3. How are you at recognizing a kindness done for you, following it up with an outward show of gratitude? Give some examples:

4. Here are two verses from the Bible that refer to gratitude. Discuss how these verses apply to your life. Refer to your Bible for a more complete context.

***Acts 24:3***

Everywhere and in every way, most excellent Felix, we acknowledge this with profound **gratitude**.

***Colossians 3:16***

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with **gratitude** in your hearts.

5. Does gratitude have an impact on your relationships? Explain:

Notes: