

# ENOUGH Chapter One

## Key Terms Glossary:

- **Prestidigitation:** The performance of magic tricks, especially ones involving sleight of hand.
- **Pragmatic:** Dealing with things sensibly and realistically in a way that is based on practical rather than theoretical considerations.
- **Amorphous:** Without a clearly defined shape or form.
- **Eden:** In the Bible, the garden where Adam and Eve lived before they disobeyed God; a paradise.

## Short Answer Quiz:

1. What does the author mean by “magic words?”
2. Describe one example from the author's life where he used magic words.
3. Why does the author refer to George Carlin's comedy routine?
4. What is the author's interpretation of Adam and Eve's actions in the Garden of Eden?
5. How could the story of Adam and Eve have been different if they had known the word “enough?”
6. Who is Jimmie Manning and how does his story illustrate the power of “enough?”
7. Summarize the story of the king and the prince. What is the lesson the king learns?
8. Who are the Salwens and what did they do to demonstrate “enough” in their lives?
9. According to Hannah Salwen, what does everyone have “too much” of?
10. What is the author's overall message about the word “enough?”

## Short Answer Key:

1. “Magic words” are simple words that have the power to transform our lives.
2. The author uses the example of proposing to his wife, Carrie. The word “yes” was a magic word that transformed their lives.
3. The author references George Carlin's routine to illustrate our societal obsession with acquiring “stuff.”
4. The author interprets Adam and Eve's actions as shopping. They were searching for something more, even though they already had everything they needed in Eden.
5. If Adam and Eve had known the word “enough,” they would have realized they didn't need the forbidden fruit. They would have been content with what they had and avoided the consequences of their disobedience.
6. Jimmie Manning is a friend of the author who embodies the concept of “enough.” He uses it as a lifestyle and even a diet plan, losing weight by simply eating enough to satisfy his needs.
7. The king searches for a happy man's shirt to cure his son's sadness. He learns that true happiness comes from within and doesn't depend on external possessions or circumstances.
8. The Salwens are a family who sold their large house and donated half the proceeds to charity. They downsized to a smaller home and found greater happiness and purpose in giving.
9. Hannah Salwen believes everyone has “too much” of something, whether it's time, talent, or treasure.

10. **The author's message is that the word "enough" has the power to transform our lives by shifting our focus from wanting more to appreciating what we already have.**

### **Essay Questions:**

1. Discuss the three steps the author uses in each chapter to illustrate the power of magic words. How effective is this structure in conveying his message?
2. Analyze the author's use of biblical and contemporary examples to support his argument about the importance of "enough."
3. How does the author address the potential criticism that the Salwen family's actions were merely a form of "grandstanding?" Do you agree with his defense of their choices?
4. In what ways does the author's personal story contribute to the book's overall message?
5. Apply the concept of "enough" to your own life. In what areas do you feel you have "enough?" Where might you benefit from embracing this idea more fully?

# ENOUGH Chapter Two

## Quiz

**Instructions:** Answer the following questions in 2-3 sentences each.

1. What does the story of Adam and Eve in the Garden of Eden illustrate about human nature?
2. How does the concept of "good and less-than" relate to the tree of the knowledge of good and evil?
3. According to Jianzhi Sengcan, what is the root cause of human suffering?
4. What does the author suggest is the problem with "if only" thinking?
5. Why does the author argue that material advancements haven't necessarily made humans happier?
6. Explain the significance of the lottery winner example in the text.
7. How is "Enough" presented as a solution to the problem of wanting more?
8. What alternative ending to the Adam and Eve story does the author propose?
9. What lesson does the king learn from his young son?
10. What is the significance of the sound "Ahhh" in the context of the chapter?

## Quiz Answer Key

1. The story of Adam and Eve highlights the human tendency towards dissatisfaction and the constant desire for something more, even when living in paradise. Their pursuit of the forbidden fruit represents the insatiable desire for what we lack.
2. The concept of "good and less-than" relates to the tree of knowledge because it represents the human tendency to categorize and judge, creating a hierarchy of desires. This constant comparison and preference for one thing over another fuels dissatisfaction and suffering.
3. Jianzhi Sengcan argues that human suffering stems from our attempts to discern and prefer "good" over "less-than." This constant judgment and categorization creates a division in our minds, preventing us from experiencing peace and contentment.
4. "If only" thinking perpetuates a cycle of dissatisfaction and delays happiness. It assumes that happiness is contingent upon achieving a specific outcome or acquiring something external, leading to a constant chase for the next "thing" that promises fulfillment.
5. The author argues that material advancements haven't made humans happier because true happiness is not derived from external possessions or achievements. Despite significant progress in various fields, human dissatisfaction and the longing for "something more" persist.
6. The lottery winner example illustrates that external circumstances or possessions do not guarantee happiness. True happiness is an internal state, and those who were happy before winning remain happy, while those who were unhappy remain so, regardless of their newfound wealth.
7. "Enough" is presented as a solution to the problem of wanting more by encouraging acceptance and contentment with what we already have. Recognizing and appreciating "Enough" allows us to break free from the cycle of desire and find peace in the present moment.
8. The author suggests that if Adam and Eve had embraced "Enough," they would have recognized the abundance and perfection of their present state in the Garden of Eden. They would have chosen contentment over the allure of the forbidden fruit.
9. The king learns that the most important action is to be present in the "now" and address the immediate needs before him. Dwelling on future worries or past regrets hinders our ability to find peace and act effectively in the present moment.

10. The sound "Ahhh" represents a state of relaxation, gratitude, and acceptance. It signifies contentment with the present moment and a shift in focus from wanting more to appreciating what is. It acts as a reminder to let go of anxieties and find peace within.

## Essay Questions

1. Analyze the concept of "good and less-than" and its impact on human perception and satisfaction. How does this concept contribute to the cycle of desire and dissatisfaction?
2. Discuss the author's argument that material advancements haven't necessarily made humans happier. Do you agree or disagree? Provide evidence from your own observations or experiences to support your stance.
3. Explore the meaning of "Enough" and its significance in finding contentment and happiness. How can individuals cultivate a sense of "Enough" in their lives?
4. Examine the role of "Ahhh" as a tool for fostering gratitude and acceptance. How does the simple act of uttering this sound contribute to a shift in perspective and emotional state?
5. Compare and contrast the alternative ending to the Adam and Eve story proposed by the author with the original biblical narrative. What implications does this alternative ending have for our understanding of human nature and the pursuit of happiness?

## Glossary of Key Terms

- **Eden:** A biblical paradise, representing a state of abundance, contentment, and harmony with God.
- **Tree of the Knowledge of Good and Evil:** A symbolic tree in the Garden of Eden, representing the human capacity for judgment, discernment, and the potential for dissatisfaction.
- **Good and Less-Than:** A concept highlighting the human tendency to categorize and rank experiences, objects, and people, leading to a constant pursuit of the "better" option.
- **If Only Thinking:** A mindset that places happiness on achieving a future condition or acquiring something external, leading to a cycle of dissatisfaction and delayed gratification.
- **Enough:** A state of acceptance, contentment, and gratitude for what one already has, breaking free from the cycle of desire and finding peace in the present.
- **Ahhh:** A sound representing relaxation, gratitude, and acceptance, signifying contentment with the present moment and a shift in focus from wanting more to appreciating what is.

# ENOUGH Chapter Three Study Guide

## Short Answer Quiz

**Instructions:** Answer the following questions in 2-3 sentences each.

1. What event prompted the author to reconsider the simplicity of labeling events as "good" or "bad"?
2. Why does the author find the phrase "Praise God" problematic when used in the context of misfortune befalling others?
3. How do the campfire stories about the pilot and the church member illustrate the difficulty of labeling events as good or bad?
4. What biblical story does the author use to illustrate humanity's desire to define good and evil?
5. How does Jesus' response to his impending betrayal challenge our understanding of "good" and "bad"?
6. What is the emotional state of the women going to Jesus' tomb on Easter Sunday? Why do they feel this way?
7. What is the angel's message to the women at the tomb? How do they react?
8. According to the author, what word could have helped the women experience the Easter miracle more fully? Why?
9. How does the story of the farmer and his horse demonstrate the concept of "maybe"?
10. What is the "good news" of Easter according to the author?

## Short Answer Quiz: Answer Key

1. The author's son, Nathan, putting his hand through a glass window and requiring stitches prompted him to reconsider the straightforward categorization of events as "good" or "bad."
2. The author finds the phrase problematic because it implies a selective blessing, where those spared misfortune are favored by God while those who suffer are not. This creates a dichotomy of blessed and cursed individuals, which the author finds troubling.
3. The campfire stories demonstrate the constant fluctuation between seemingly good and bad events. What initially appears positive can quickly turn negative and vice versa, highlighting the subjective and unpredictable nature of labeling experiences.
4. The story of Adam and Eve and their encounter with the serpent at the Tree of Knowledge of Good and Evil exemplifies humanity's age-old desire to define and categorize good and evil.
5. Jesus's choice to wash the feet of his betrayer and offer him food before allowing him to leave, rather than fleeing or retaliating, challenges conventional notions of reacting to "bad" actions with corresponding negativity. This act suggests a deeper understanding of forgiveness and love that transcends simplistic labeling.
6. The women are overcome with grief and despair as they travel to the tomb. They feel this way because they have witnessed the death of Jesus, their beloved leader and friend, and see no possibility for good to come from the situation.
7. The angel announces that Jesus has risen and is no longer in the tomb. He instructs them to inform the disciples. However, the women are terrified and flee in amazement, unable to process the news.
8. The word "maybe" could have allowed the women to approach the tomb with an openness to the unexpected. By acknowledging the possibility of a positive outcome, even amidst their grief, they might have been more receptive to the miraculous event.
9. The farmer consistently responds to seemingly good and bad events with "maybe," recognizing that he cannot fully comprehend the long-term implications of each

occurrence. He understands that God has a greater plan and that appearances can be deceiving.

10. The good news of Easter is that even in the face of suffering and death, God's power can transform any situation. The resurrection signifies that endings can be beginnings, and apparent "bad" events may hold unseen potential for good.

## Essay Questions

1. Analyze the author's use of personal anecdotes and campfire stories to illustrate his argument about the limitations of labeling experiences as good or bad. How do these narratives contribute to the overall message of the chapter?
2. Discuss the theological implications of the author's statement, "Maybe asserts that when it comes to good and bad, we can never be quite sure." How does this perspective challenge traditional understandings of God's role in human suffering?
3. Compare and contrast the responses of the women at the tomb and the farmer in the horse story to unexpected events. What insights can we gain from their different approaches to dealing with uncertainty?
4. Explain the author's assertion that the gospel story points to a reality beyond simple, deterministic good and bad. How does the Easter narrative exemplify this concept?
5. Explore the practical applications of embracing "maybe" in your own life. How might this perspective shift your understanding of challenges and possibilities?

## Glossary of Key Terms

- **Theodicy:** The branch of theology that attempts to reconcile the existence of evil and suffering with the concept of a benevolent and omnipotent God.
- **Good Friday:** The Friday before Easter Sunday, commemorating the crucifixion of Jesus.
- **Easter Sunday:** The Christian holiday celebrating the resurrection of Jesus from the dead.
- **Genesis:** The first book of the Bible, recounting the creation of the world and the stories of early humanity.
- **Gospel:** The teachings of Jesus Christ and the accounts of his life, death, and resurrection found in the New Testament.
- **Maybe:** A word used by the author to represent the uncertainty and potential inherent in all situations, suggesting an openness to God's working even amidst seemingly negative circumstances.

# Enough: Chapter Four Study Guide

## Short Answer Quiz

**Instructions:** Answer the following questions in 2-3 sentences each.

1. What two simple words does the author suggest people often rely on in their responses to life? Why is this problematic?
2. How does the author use the story of Adam and Eve to illustrate his point about these two words?
3. How does Peter's behavior throughout the Gospel of Mark exemplify the struggle with "yes" and "no"?
4. What specific event in the author's life highlights his own struggle with finding a response beyond "yes" and "no"?
5. What third word does the author propose as an alternative to the limitations of "yes" and "no"?
6. How does the author connect this third word to the meaning of "amen"?
7. How does the author use Jesus' experience in the Garden of Gethsemane to exemplify the power of the third word?
8. What is the significance of Lao Tzu's quote about softness and hardness in relation to the author's argument?
9. How does the story of Joe, the Marine, illustrate the practical application of the third word in facing difficult life circumstances?
10. What is the final challenge the author poses to the reader in light of the chapter's exploration of "yes," "no," and the third word?

## Short Answer Quiz - Answer Key

1. **Answer:** The author suggests people often rely on "yes" and "no" in their responses to life. This is problematic because these limited options can lead to denial, resistance, and an inability to fully engage with challenging experiences.
2. **Answer:** Adam and Eve's story illustrates the struggle between "yes" and "no." Adam readily says "yes" to God's instructions but ultimately succumbs to temptation, saying "no" to God's command and blaming Eve for his actions. This highlights the limitations of simple affirmation or denial.
3. **Answer:** Peter's behavior fluctuates between enthusiastic "yes" responses to Jesus' calls and miracles, and fearful "no" responses when confronted with Jesus' suffering and his own potential persecution. This inconsistency reveals Peter's internal conflict and need for a more nuanced response beyond simple acceptance or rejection.
4. **Answer:** The author recounts his experience with his dying father, where his inability to move beyond "yes" (hoping for his father's recovery) and "no" (denying the severity of the situation) prevented him from fully being present with his father in his final moments.
5. **Answer:** The author proposes "okay" as a powerful alternative to the limitations of "yes" and "no."
6. **Answer:** The author connects "okay" to the meaning of "amen," suggesting that both express acceptance and surrender to God's will, even when circumstances are difficult or undesirable.
7. **Answer:** Jesus' prayer in Gethsemane exemplifies the power of "okay." While he desires another path, he ultimately submits to God's will, saying, "If this is your will, your plan, then, okay." This demonstrates acceptance and trust in the face of suffering.
8. **Answer:** Lao Tzu's quote highlights the life-affirming nature of flexibility and yielding. The author connects this to "okay," suggesting that embracing this word allows us to adapt to

challenges and find greater life even in difficult situations, rather than becoming rigid and resistant.

9. **Answer:** Joe's story exemplifies the practical application of "okay." Despite facing pancreatic cancer, Joe embodies the Marine motto "Semper Fi" (always faithful), demonstrating acceptance and perseverance in the face of an unknown future. He sees "okay" as moving forward even when you don't know what's next.
10. **Answer:** The author challenges readers to identify areas in their lives where they are stuck in "no" or where "yes" feels impossible. He encourages them to embrace the power of "okay" as a way to surrender to God's will and find freedom in acceptance.

## Essay Questions

1. Analyze the author's comparison of Peter and Adam. How do their stories serve as examples of the human struggle with "yes" and "no"? How does this struggle prevent them from fully engaging with their respective situations?
2. Discuss the author's concept of "okay" as a spiritual practice. How does "okay" differ from simple resignation or apathy? How does it empower individuals to navigate challenging life circumstances?
3. Examine the author's interpretation of Jesus' prayer in the Garden of Gethsemane. How does Jesus' example demonstrate the transformative potential of "okay" as a response to God's will?
4. Analyze the connection the author draws between Joe's experience as a Marine and his approach to facing terminal illness. How does Joe's understanding of "Semper Fi" inform his ability to say "okay" to his situation?
5. Reflect on the author's concluding challenge to the reader. Identify a personal situation where saying "okay" might be difficult yet potentially liberating. Discuss the potential benefits and challenges of embracing "okay" in this specific context.

## Glossary of Key Terms

- **So be it:** A phrase expressing acceptance or resignation, often used in religious contexts to acknowledge God's will.
- **Okay:** The author's proposed alternative to "yes" and "no," representing a stance of acceptance, surrender, and willingness to move forward even in difficult or uncertain circumstances.
- **Amen:** A Hebrew word meaning "so be it," expressing affirmation and agreement. The author connects this to "okay," suggesting that both signify a trusting surrender to a higher power.
- **Semper Fi:** Short for "Semper Fidelis," the motto of the United States Marine Corps, meaning "always faithful." The author uses this concept to illustrate Joe's unwavering commitment and acceptance in both his military service and facing his illness.
- **Intinction:** A method of administering Holy Communion in which participants dip bread into the cup of wine. The author uses this example to highlight Joe's acceptance of things he didn't necessarily prefer in his church community.
- **Mansions:** A metaphorical term used in John 14 to describe dwelling places in God's heavenly realm. The author connects this to Joe's simple faith and trust in God's promises, even in the face of death.

# Enough: Chapter Five Study Guide

## Key Terms Glossary

- **Apathy:** A lack of interest, enthusiasm, or concern.
- **Doubting Thomas:** A skeptical person who requires concrete evidence before believing something. This term originates from the biblical story of Thomas, a disciple of Jesus who doubted Jesus' resurrection until he saw and touched his wounds.
- **Fidelity:** Faithfulness to a person, cause, or belief, demonstrated by loyalty and support.
- **Gluttony:** Excessive eating or drinking; overindulgence.
- **Infidelity:** The action or state of being unfaithful to a spouse or partner.
- **Paradoxical:** Seemingly absurd or self-contradictory.
- **Sobriety:** Abstinence from the use of alcohol or drugs.

## Short Answer Questions

1. Describe the author's childhood understanding of good and bad.
2. What caused the author to question his early beliefs about good and bad?
3. How did Jesus treat people differently than the religious leaders of his time?
4. What is the common interpretation of Thomas's story, and how does the author challenge this view?
5. Explain the concept of "sometimes" in relation to good and bad.
6. Provide three examples of how "sometimes" a negative experience can lead to a positive outcome.
7. What is the author's perspective on doubt?
8. How does the author use historical figures to support his argument about failure?
9. What is the significance of the phrase "Blessed are those who have not seen and yet have come to believe"?
10. What is the author's final message to the reader?

## Short Answer Key

1. The author had a black and white view of good and bad, instilled by his parents and reinforced by the church. Good deeds were rewarded, and bad deeds were punished. God and morality were on the side of authority figures.
2. Experiences like a friend's drug use leading to arrest confirmed his early beliefs. However, witnessing innocent children suffering abuse and a good girl getting cancer challenged his understanding of good and bad and their consequences.
3. Jesus welcomed and dined with people considered sinners by the religious leaders, rejecting labels of "good" and "bad." He focused on love and compassion rather than judgment and condemnation.
4. Thomas is often labeled a "doubter" for not believing in Jesus' resurrection without physical proof. The author argues that Thomas's doubt led him to a deeper faith, making doubt a pathway to belief.
5. The concept of "sometimes" acknowledges that while traditional opposites often hold true, sometimes negative experiences can lead to positive outcomes. What is typically considered "bad" can be a necessary step on the path to something "good."
6. Examples include: doubt leading to faith, weakness leading to strength, addiction leading to sobriety, infidelity leading to stronger fidelity, and failure leading to success.
7. The author views doubt as a potentially positive force. He argues that apathy, not doubt, is the opposite of faith. Doubt can prompt critical thinking and lead to a more mature and informed faith.

8. The author cites examples like Abraham Lincoln, Thomas Edison, and Walt Disney, all of whom experienced multiple failures before achieving great success. He uses these figures to show that failure is often a necessary part of the journey to success.
9. This phrase highlights the different paths to faith. While some may need tangible proof, others find faith without seeing. Jesus acknowledges and blesses both journeys.
10. The author urges readers to consider whether they hold onto rigid judgments of good and bad. He encourages extending grace to those who take unconventional paths, recognizing that sometimes the dark road is the only way home.

## Essay Questions

1. Analyze how the author's childhood experiences shaped his initial understanding of morality. How did these early beliefs create a sense of simplicity in his life, and how did that simplicity ultimately become problematic?
2. Explore the author's critique of traditional interpretations of the story of Thomas. How does the author's interpretation of Thomas's doubt differ from the conventional view, and what implications does this have for how we approach doubt in our own lives?
3. Discuss the author's concept of "sometimes" as it relates to the relationship between good and bad. Provide specific examples from the text and your own experiences that demonstrate how seemingly negative experiences can lead to positive outcomes.
4. Examine the author's use of historical figures and their experiences with failure. How do these examples support the author's argument that failure is often a necessary part of the journey toward success? Do you agree or disagree with this perspective, and why?
5. What is the author's overall message about grace and compassion in the face of unconventional paths? How can we apply the author's message to our own lives and relationships, particularly when encountering individuals who have made mistakes or taken paths that we might deem as wrong?