

A CHANGE OF HABIT

SISTER MONICA CLARE

Discussion Questions



1. How does Sister Monica Clare's journey reflect the tension between personal identity and societal expectations?
2. In what ways does the author's early family life shape her desire for order and stability? How did this impact her eventual decision to become a nun?
3. How does the depiction of family dynamics in the book compare to your own experiences of family?
4. How does Sister Monica Clare's experience of religion in childhood influence her spiritual journey? Can you relate to this?
5. The author describes moments of feeling like she doesn't belong in different phases of her life. Have you ever experienced a similar feeling of displacement or the search for belonging?
6. How do the author's experiences of poverty and instability affect her view on material possessions? How do you think this contrasts with the values of the convent?
7. What role does humor play in the author's coping mechanisms throughout her early life? How do humor and faith interact in her story?
8. How does Sister Monica Clare's transformation challenge traditional ideas of success in modern society?
9. The book emphasizes the author's shift from a fast-paced, materialistic life to one of service and simplicity. What does this say about the different ways we find meaning in life?
10. How does the author's relationship with her father impact her understanding of love and trust later in life? In what ways might unresolved family dynamics influence one's choices?
11. Sister Monica Clare's journey is deeply personal, yet many of her experiences reflect broader societal issues. How do you see the intersection of personal and societal challenges in the book?
12. The author talks about the peace she felt when watching nuns on TV as a child. What early childhood influences shaped your ideas of peace and purpose?
13. How do you interpret the book's portrayal of religious devotion? Does it align or conflict with your own views on faith and sacrifice?
14. Sister Monica Clare left behind a career, a marriage, and her possessions to become a nun. What do you think she was seeking? Would you be able to make such a decision?
15. The concept of "home" is central to the author's story, from her chaotic childhood homes to the stability of the convent. How do you define home, and how does it relate to personal fulfillment?
16. How does the book approach the topic of forgiveness, especially in the context of family trauma and personal transformation?
17. In the book, Sister Monica Clare finds a sense of belonging within the convent. Do you think her journey would have been possible in a different environment? Why or why not?
18. How does the author's decision to share her story on TikTok reshape her narrative of privacy and faith? How do you think social media influences our understanding of spirituality today?
19. The book explores themes of resilience and faith amid hardship. What are some examples of resilience in your own life, and how do they compare to the author's experiences?
20. Do you think the author's decision to become a nun was a form of escape or empowerment? How do the two ideas intersect throughout the book?