



TASTE Reflection Questions
February 20, 2025

**Hope & Healing Amidst Trauma,
Depression, Disabilities and Restoration**
Kelly Speck

*And remember, I am with you always,
to the end of the age. ~ Matthew 28:20*



1. What did you find most interesting about this talk?

2. Kelly has lived through tremendous suffering with divorce, disabilities, depression, and devastating injuries, and yet she never lost her faith. She felt that God kept her safe under the shadow of His wing the whole time (Psalm 36:8). She knew that God is trustworthy, faithful, & does not make mistakes and recognized she was in a season of pruning.

- What allowed her to trust in God for divine protection so passionately and realize she was not in control?
- If God is pruning you, what would He cut off as things that you need to surrender, what would He reveal as things that need to stay, and what would be things that need further trust and reliance on Him?
- If you were married to a physically, emotionally, and spiritually strong man, how would you handle his sudden decline and depression especially during a difficult period for both of you?

3. As Kelly told these stories, she shared 3 scripture quotes that served as her mantra:

- 2 Corinthians 12:9 — My grace is sufficient for you for my power is made perfect in weakness.
- Philippians 4:13 — I can do all things through Christ who gives me strength.
- Matthew 11:28 — Come to me all you who are weary and burdened and I will give you rest

- How was Kelly so easily able to recall these verses just when she needed them?
- In times of suffering, do you rely on God's word and trust in His providence?
If so, explain. If not, what can you do this week to move in that direction?
- When you need words of wisdom, do you pray "Come Holy Spirit"? Discuss.

4. Kelly and her husband had their original faith formation in a Protestant Church where seeds of faith were planted. Years later, she sent her son with disabilities to a Catholic school for a good education and was welcomed with open arms. It was there that her husband decided to go to RCIA to see what their son was learning which ultimately led to her entire family converting to the Catholic Church and receiving the sacraments.

- What has been your experience with protestants? (e.g., Their zeal & faith foundation, their love for scripture, their personal relationship with Jesus, their teaching of faith to youngsters, and their impact as converts?)
- How was the welcoming of her son in school and her family in the Catholic Church encouraging you to treat non-Catholics with love and open arms when meeting them?
- As a new member of the Catholic Church, not only did Kelly feel so welcomed by her faith community, but she also recognized all of the graces from the sacraments. Do we take this for granted or recognize it as well?.