



# QUESTIONS

## for your real life journey

Episode 12: Krish Kandiah

## How do we face change?

### 1. LOVE HURTS (6:40)

Some people tell Krish they could never be a foster parent because they would love the children too much to give them up again. But he challenges their definition of love, asking, 'You'd love someone so much that rather than be hurt by the experience of caring for them, you're not going to get involved at all?'

Do you think it's supposed to hurt when you love?

### 2. BEING AN ALLY (10:24)

Krish tells the story of one foster child who arrived to live with them and was so traumatised that Krish couldn't get any response from him at all. But an hour of playing FIFA on the Xbox with his sons brought about a radical change: 'He just looked more comfortable in his own skin... [he changed] from being so locked in, so uncertain, so worried, so traumatised to [thinking] "I'm going to be okay here, I can trust these people, they're safe, they're for me."'

How might you be an ally to others who are hurting, helping them to face change?

## How do we move through suffering?

### 3. NEW PERSPECTIVE (17:41)

Krish shares about a low time in his life when he was facing so many significant challenges at the same time that he struggled to sleep or eat. It was the experience of adopting their first foster child that really changed things for him: "The circumstances didn't actually change radically, but [that experience] really rebooted my understanding of how God felt about me... and gave me fresh hope and vision... It gave me confidence again, that... God was still there."

Have you ever been struggling with something but been able to move through that suffering because your perspective changed?



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## 4. HOME STRETCH (26:02)

Krish talks about how he's been trying to run every morning during lockdown. While he might have expected the second half of the run to be the more tiring, he has actually always found it easier than the first half, because he knows he's on the home stretch and can 'almost taste breakfast'. He relates this observation to Jesus' biblical promise that there are many rooms in our heavenly Father's house 'because he's an adoptive God and he loves bringing kids home.' However awful our suffering may get, we know it's not the end of the story: we get to be with God for ever.

Is this a useful image for you? How does it make you feel to know that while you may be suffering, God is preparing a place for you in his heavenly home?

## How do we receive joy?

## 5. JOY DIVISION (31:01)

Krish says, 'Relationships are the conduit through which we experience joy... If our relationships are out of kilter, it's very hard for us to experience joy.' Krish links this idea to the creation account in Genesis 2, in which the first thing God says is 'not good' is humans being alone. We are built for relationship, whether that means a romantic relationship, a friendship, a team or a family.

Do you agree that relationships are the conduit through which we experience joy? Why (not)?

## 6. REAL FOOD (34:02)

Krish reflects affectionately on the Friday nights that his parents held an open house while he was growing up, suggesting that his parents laid a foundation of hospitality by valuing relationships: 'We didn't live an extravagant lifestyle... but there was always food, and there was always welcome.'

Which individuals, couples or families do you know who have shown you similar hospitality in your life? What impact has their generosity had on you? How might you say thank you?



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## How do we mature in service?

### 7. FIRST SERVE (41:44)

Krish suggests two ways to get better at anything:

- Practise.

Come up with as many examples as you can of ways you could practise serving others.

- Get great mentors, of which there are two types: 'up close' mentors, who you know and can interact with, and 'from a distance' mentors, people you've not met but could read about in a book or watch their story in a movie or documentary.

Which people could become good mentors for you as you seek to mature in service?

### 8. NO SHORT CUTS (41:41)

Krish suggests that we don't become more compassionate, gracious and generous simply through prayer or by some anointing of the Holy Spirit, but through persistent practice: 'I think we mature as we practise the opportunity of showing grace and generosity and compassion. And being a foster older brother or sister can be a great way that you can be compassionate and gracious and generous over and over and over.'

What do you think? Is there an easier way to mature in service than just getting stuck in?



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## Activity: GOING PUBLIC (23:05)

Krish explains why it's so important the process to adopt a child is invasive: 'Imagine you had to pick a stranger to raise your child for you. How many questions would you want to ask? [A potential adoptive parent] is a stranger to the state... They don't know if you're a safe space for a child who's already experienced trauma to grow up and flourish. So they need to ask you a lot of questions.'

Imagine that several years from now you have a son or daughter, and you've reached the difficult decision to give them up for adoption. You have to work out what kind of stranger you'd feel most comfortable giving permanent care of your child to.

### Create

- Grab a pen and paper, then draw the ideal person you'd want to look after your child. Or, draw a person's outline and write on it all the characteristics you'd want that person to have.
- Give everyone 60 seconds to talk about one or two of the characteristics that would be most important to them in this scenario.
- You could instead split into two groups, using Zoom's breakout room functionality and white board sharing.

### Pray

Pray for:

- all members of your church - old and young - to develop hearts of grace, generosity and compassion for children in your community who have experienced trauma.
- the Holy Spirit to inspire adults with the heart, ability and resources to foster or adopt a child to have the boldness to hear and respond.

### Consider

Look at the picture you have drawn of the ideal person you'd want to look after your child. Remember that all humans are God's children, and that God wants his followers to be people who love others - who look after his children - so view it now not as a picture of a stranger, but as a picture of how God wants *you* to be.

- How much does your life live up to this picture?
- What do you need to do to get there?

### Change

Imagine that discipleship was as invasive to your privacy as the process to adopt a child is, that the parts of your life that you like to keep hidden and private were exposed and became public knowledge.

- What would you be proud of?
- What would you be ashamed of?
- Are there any parts of your life that the Holy Spirit has been asking you to bring into his light?
- Pray for each other to have courage to make your life and your faith more transparent and open: to go public.