

Discussion Guide for
God Never Blinks:
50 Lessons for Life's Little Detours
by Regina Brett

1. Which of the 50 Life Lessons touched you the most? In what way? Which lesson do you identify with most? Why?
2. In Lesson 21, Regina decides to say “No” to some things so that she can say “Yes” to other things. How does cancer help her make the right choices? What one thing would you like to say “No” to? What one thing do you want to say “Yes” to?
3. Regina sprinkles in snippets and shards of her childhood throughout the book. How would you characterize her childhood? What impact does it leave on her as an adult?
4. What role did religion play in her upbringing? What role does it still play in her life? How do you think it shaped Regina to be raised Catholic?
5. How would you describe Regina’s relationship with her mother? What moment makes her see her mother differently? Regina shares a gratitude list about her mother in Lesson 45. What would you put on yours?
6. How does Regina’s dad come across? In what ways does he leave a good imprint on her life? Which parent does she seem to emulate most?
7. Regina was an unwed mother at 21. How did choosing to be a single parent shape her life? Which of the 50 Life Lessons are most helpful for single parents?
8. How does a diagnosis of breast cancer affect her faith? What is the most important lesson that cancer taught her?
9. Why do you think Regina shared that she had a double mastectomy in Lesson 35? How does it affect her outlook on life?
10. How does Regina’s husband come across in the book? How would you characterize him? Their relationship? What lessons did he teach her?

11. Lesson 30 states: “The passage of time heals almost anything. Give time, time.” What does this mean? What in your life has taken the most time to heal? What still needs time?
12. Do people sometimes need a crisis—like the illness or death of a parent—to transform their relationships with others?
13. In Lesson 10, Regina writes about her Uncle Paul carrying a piece of the sky. Have you every experienced any hardships like he faced? What helped you the most to cope? Who do you know that carries a piece of the sky?
14. Regina comes from a large family of 11 children. How do you think that shapes her life experiences? She’s number 5. Do you think her outlook would have been different had she been the oldest or the youngest or an only child?
15. What does it mean to say “God Never Blinks”? Why did she make this the title of this book? What would it mean to say God blinked? Before reading the book, what did you think the title meant? After reading it, what do you believe the title meant?
16. Regina writes in Lesson 50 that life isn’t tied with a bow, but it’s still a gift. In what way is that true in her life? In yours?
17. What life lesson of your own would you include in a list of 50? Who taught you the most valuable lessons in your life? What life lesson do you want to pass on to others?
18. Lesson 42 recommends “Get rid of anything that isn’t useful, beautiful or joyful.” Why? What does this do for Regina? What are you willing and ready to release?
19. Regina is one of 11 children. How do you think her family size affected her? How many are in your family? What impact did family size and your birth order have on you?
20. Discuss some of the people who figured prominently in teaching Regina these 50 lessons. Who in your own life has taught you the most profound lessons?

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