

Wayfaring by Warren Kinghorn
Naples UCC Book Discussion
Thursday, January 15, 2026, at 9AM
Discussion Questions:

1. In the introduction of *Wayfaring*, Kinghorn depicts the crisis of mental health in our nation. What facts or statistics stuck out to you?
2. Describe the “machine metaphor” of mental healthcare that exists in our society. Have you ever been part of this machine?
3. How have mental health problems often been viewed as individual problems? (See illustration on page 51.) What will Kinghorn go on to say about mental health and community?
4. Describe the illustration on page 53. How does the advertisement show how psychiatric diagnosis can become a way of seeing experience and behavior as separate from the self? In his book, how does Kinghorn dispel this myth?
5. How does a person with a mental health condition move from shame to security?
6. How does a person with mental health challenges move from bare existence to beloved existence? Did this chapter change your perspective on Genesis 1?
7. How is it possible to shift from “mental health” to “participation in a blessing?”
8. When it comes to transitioning from constraint to freedom, how does one experience freedom while navigating mental health challenges?
9. How is the Gerasene Demoniac (as depicted in scripture) an example of a person with mental health challenges who moves from control to wonder?
10. Does the metaphor “Wayfaring” make sense to you? How does this term move us from “fixing” those with mental health struggles to “attending” to them? What are the advantages of doing this reframing as it relates to ministry and mental health?