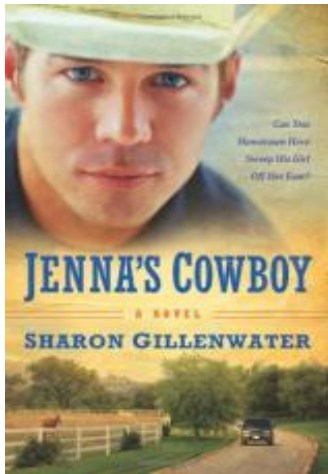


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# Jenna's Cowboy the Callahans of Texas, Book One

by Sharon Gillenwater

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## About the Book

Can you ever get a second chance at your first love?

Jenna Callahan Colby thought she was content. A partner on her father's successful ranch, she is surrounded by family and friends. But she never expected to see Nate Langley back in town --- the first guy she ever noticed, the one her father sent away all those years ago.

And she never thought the attraction they felt would be as strong as ever.

Jenna's cowboy has some healing of his own to do, though, after two tours of duty in the armed forces. With the help of good friends, strong faith, and a loving family, he hopes to put the horrors of the past behind him --- and become the man Jenna deserves.

## Discussion Guide

1. Jenna was outgoing and confident in high school and college. But her husband's constant derision, along with his infidelity and the divorce, made her feel worthless and a failure. Have you ever felt that way? How did you overcome it? How did God help you? Are there any Scripture verses that encouraged you?
2. As a single mom, Jenna is greatly blessed to have a loving and helpful family. But not all single parents have that kind of support. Do you know a single parent who is trying to deal with everything on her/his own? What are some things others can do to help?
3. When Nate was in high school, Dub basically told him that he wasn't good enough for Jenna. And Nate agreed. Is there something you desperately want but don't think you deserve because you aren't good enough? How can you

change --- or change that perception --- to reach your goal?

**4.** Though post-traumatic stress disorder doesn't happen to everyone who has been traumatized, it can happen to someone who has been through war, natural disasters, rape, mugging, kidnapping, being held captive, serious car accidents, train wrecks, plane crashes, child abuse, etc. Or it could stem from witnessing something such a plane crash. People often will have many of the symptoms right after the traumatic experience, but it isn't considered PTSD unless the symptoms last for a month or longer. Have you ever experienced anything traumatic like this? How did you feel afterward? Did those feelings and problems eventually fade away? Or do some of them still trouble you? If so, what have you done, or what can you do to get help?

**5.** Nate knew he was having problems, but he thought if he toughed it out, they would go away. Even when he finally admitted to himself that he probably had PTSD, he wanted to leave his family and friends and go off by himself so he wouldn't put anyone in danger. Why is it important for someone with PTSD (or some other issue) to recognize that they have a problem and admit that they need help? Why was he afraid to seek help?

**6.** Why did he think Jenna and the Callahans wouldn't want anything to do with him after his blowup with Chance and Will?

**7.** When Nate's PTSD symptoms became obvious to the Callahans, they rallied around him. If someone you know is showing symptoms of PTSD, how can you help them? What can you do if they don't want your help or if they even drive you away?

**8.** Experts tell us that people with chronic PTSD are never the same; it never leaves them. Do you believe this is true? If not, how do you think people can be restored to normal? What is God's role in their healing?

**9.** One of the common manifestations of PTSD is sudden, irrational anger, such as when Nate threw Chance and Will to the floor. What should Chance have done to diffuse the situation before it became violent? Does the Bible give us some guidelines about that?

**10.** Nate clung to his faith and asked God to help him deal with his problems and make them go away. But they kept getting worse. Why do you think God allowed that to happen instead of simply healing him right away?

**11.** Even in Nate's darkest hour, Jesus was his anchor. How do we develop a faith that strong?

**12.** Callahan Crossing gave Nate a hero's welcome when he came home, as they had done for other hometown military personnel. Does your town or community do something to honor our servicemen and women or veterans? If not, can you think of some things you might do?

**13.** When the fire struck Callahan Crossing, those who hadn't been affected immediately pitched in with donations of all kinds. But it quickly became apparent that neighbor-helping-neighbor didn't just apply to the people of their local community. People from all over the state and the country helped with goods and money. Church members from other towns later came to help people rebuild. Have you or your church ever participated in such a rebuilding project? What other things can people do to help those hit with disaster?

14. Zach is a very talkative little boy. Every child is special in their own unique way. Do you have something fun to share about a child in your life? (I based Zach on my grandson. Yes, he talked that well at that age and did all those cute things. I took meticulous notes. And that's my grandma-brag for today.)

## Author Bio

Sharon Gillenwater was born and raised in West Texas, and loves to write about her native state. The author of several novels, she is a member of the American Christian Fiction Writers and Romance Writers of America. When she's not writing, she and her husband enjoy spending time with their son, daughter-in-law, and adorable grandchildren.

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