

Suggested Interview Questions for James K.A. Smith,  
author of *You Are What You Love: The Spiritual Power of Habit*  
(Brazos Press)

1. What does it mean for humans to be first and foremost lovers?
2. How can we love something other than what we think we love?
3. What is the spiritual power of habit?
4. Why are we so often unaware of cultural practices that are shaping our desires?
5. What are some of the rival “liturgies” competing for our hearts? How do they operate?
6. Why is worship so important for discipleship?
7. How can historic Christian practices recalibrate our hearts toward God?
8. What is it about the ancient disciplines that is so transformative?
9. How does historic Christian liturgy and spiritual practice compare with today’s DIY approach favored by the “spiritual-but-not-religious”?
10. Why do rituals that some might find odd—confession of sins, for example—hold such appeal?
11. Why is coming up with new, innovative worship styles the wrong approach?
12. How can we attend to the calibrating of our hearts outside of Sunday services?
13. What are some practices you use with your own family? Are there other individual and communal practices you recommend?

For an interview with James K.A. Smith, please contact Kelly Hughes,  
312-280-8126 or [kelly@dechanthughes.com](mailto:kelly@dechanthughes.com).