

Weekly Discussion Guide – 8-14-2022

1. In the first sermon of this series, we learned about *kairos* moments when God breaks into our moments and our days. Have you had any this week? Celebrate those together.
2. If you heard this past Sunday's sermon, were there any places you felt impact, curiosity, resistance, or further questions?
3. This week's sermon was about always training. In what ways do you feel like you are *being* trained right now by culture or circumstances around you?
4. Read 1 Corinthians 9:24-27. Does anything stand out to you? Do you sense God saying something specific to you through these verses?
5. In what ways are you actively training spiritually, taking ownership of your discipleship?
6. The sermon talked about four categories of training – rhythms, diet, the long run, and community. Are you experiencing struggles or successes in any of these areas? Is there one adjustment you could make in one of these areas to run the race of faith better?