

Running Partner Guides

Use every week in your Running Partners' meetings.

SOUL REVOLUTION

www.soulrevolution.net



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Running Partner Guides

Use these materials if you are reading the *Soul Revolution* book and meeting with only Running Partners every week.

- Week 1** Read *Soul Revolution* Intro Together
- Week 2** Read Chapters 1 thru 3 before meeting
- Week 3** Read Chapters 4 thru 5 before meeting
- Week 4** Read Chapters 6 thru 7 before meeting
- Week 5** Read Chapters 8 thru 9 before meeting
- Week 6** Read Chapters 10 thru 11 before meeting
- Week 7** Read Chapters 12 thru 13 before meeting
- Week 8** Read Chapters 14 thru 18 before meeting

Running Partner Contact Information

Name

Phone

Email

1. _____
2. _____
3. _____

What are Running Partners?

In the same way athletes train to reach physical goals, we need spiritual training partners to provide encouragement, pacing and motivation for spiritual goals like the 60-60 experiment. Running Partners encourage one another to become all God intends each person to be.

What does a Running Partner group look like?

Running Partners are most often a group of two, three or four people. Interestingly, we've found that the most successful partners have been groups of three. This size is still small enough to make scheduling easy, but it is large enough to give good feedback and support. Running Partners are typically of the same gender, though sometimes 1 or 2 couples may form a group.

How do I choose my Running Partners?

This will sound dumb, but the best way to find a good Running Partner is simply to ask someone to be your Running Partner. In other words, your best option is just try it out for a while with someone that shares some of your spiritual goals.

What will happen when Running Partners meet?

The primary goal is that you will encourage one another to grow in your relationship with God. You can meet any time and place that is convenient for you and your Running Partners. It should just be a time and place that is suitable for personal, and often times private, conversation. You should bring your Soul Revolution book and Running Partner Guides for use at each of the meetings. You can download the guides at www.soulrevolution.net.

What if my Running Partners don't seem to be working well together?

Be open to talking it over with your Running Partners by asking the question, "How does this seem to be working so far?" This is a great open question to ask each other after the first meeting or two. Sometimes it just takes patience to work through some differences in personality. It will also help to regularly review the "Rules of Running." Remember that this is a group that you are "trying out" until the end of the Soul Revolution series. You don't have to make a longer commitment if you don't want to.

RUNNING PARTNERS

Soul Revolution Running Partners

Week 1 - Guide

Welcome to the Soul Revolution! Over the next eight weeks, we're inviting you and your Running Partners to embark together on a relational experiment with God. The experiment is called the 60-60, and it's as simple as it is challenging:

We're each going to set our watch or cell phone to beep once every 60 minutes, for the next 60 days. And each time it beeps, we're going to pause, remember that God is present with us in that moment no matter what we're doing, and invite Him to guide us step by step in the midst of our lives. We're going to do an experiment to see how God shows up and begins growing us into the people we long to be as we just do the one thing Jesus said is necessary for accomplishing anything lasting: "If you remain in me, you will bear much fruit, apart from me you can do nothing" (John 15:5).

To guide you through this experiment, you'll be reading the book, *Soul Revolution*, by John Burke, and meeting together every week with your Running Partners to explore some of the key ideas in this book together as a community.

So again, welcome. Here's your conversation guide for this week:

To begin our journey, let's read together a short message from the author, John Burke. [About 25 minutes or so]

Let each Running Partner take turns reading aloud pages 9-15 of *Soul Revolution*, the section titled "Deep Longings—My Journey of Faith." After the reading let everyone answer one or two of the following questions:

- What's your reaction to Burke's invitation?
- What do you suspect would be the most challenging thing about going through the 60-60?
- What is your greatest hope for what an experiment like this could do for you?
- What support would you need to stick with the experiment over the next 60 days?

Then have each person respond to these questions:

- On a scale of 1 to 10 (10 being "totally connected"), how "connected" do you currently feel to God in your daily life?
- Why do you suppose that is?

Once everyone has responded, read this quote by A.W. Tozer from his book *The Pursuit of God*:

"God is a person, and in the deep of His mighty nature He thinks, wills,



enjoys, feels, loves, desires, and suffers as any other person may. In making Himself known to us He stays by the familiar pattern of personality. He communicates with us through the avenues of our minds, our wills and our emotions. The continuous and unembarrassed interchange of love and thought between God and the soul of the redeemed man [or woman] is the throbbing heart of the New Testament religion."

Answer one of the following questions:

- What thoughts or feelings come up for you as you hear this quote?
- How would your life be different if you were convinced that God wants to connect with you in a radical ongoing conversation?

EXPERIENCE: The God of Our Own Design [About 25 minutes or so]

Give each person a sheet of paper and a pen. At the top of their papers, have one or two partners write, "The God of my Doubts" and do the following exercise.

- When life is hard, or things don't go your way, what happens to your conception of God? What doubts do you begin to have about His character, or about the way He feels toward you? On your sheet, write a description of the God you see through the lens of your doubts. Don't hold back. Be honest about your doubts when it comes to God's character or His love. In a couple of minutes, when you're finished, we'll share our descriptions with one another.

The remaining partner/s writes, "The God of my Dreams" and does the same exercise.

- What happens to your opinion of God when life is really great? When times are really good, what do you find yourself thinking about God's character, or His love for you? On your sheet, write a description of the God of your Dreams. Don't hold back. Really describe your "best vision" of what God is like—the way you feel about Him when life is really going your way. In a couple of minutes, when you're finished, we'll share our descriptions with one another.

When everyone is finished have them share their descriptions of "The God of my Doubts" or "The God of my Dreams."

Now ask one or two of these questions to go deeper:

- What stood out to you in your partner's description of God?
- What are the main differences between your partners God and your God?
- How is creating these multiple descriptions of God similar to the way we deal with God in real life?
- Why do you suppose we are so prone to "recast" our opinion of God according to how we currently feel about our lives?
- What does it mean to "take God as He is"?

Get a watch that beeps every hour.

If some people in your group don't have watches that can be set to beep every 60 minutes, let them know that they can find a link on the website www.soulrevolution.net that will point them to places where they can purchase a cheap watch that can be set to beep once every hour.

Read Together:

God wants to connect with you in a radical, ongoing conversation. But for that to happen, we have to let go of our “doubt list” and our “wish list” and accept God for who He really is. Let’s take some time to explore what Jesus said about who God really is, and the kind of powerful, intimate connection He wants with each of us.

BIBLE STUDY: God As He Is [About 20 minutes or so]

Assign each person one or two of the following passages to read quietly to themselves, answering the questions below:

- John 14:6-9
- John 14:16-21
- John 14:25-26
- John 15:1-5
- John 16:12-15

Answer these questions based on your assigned passage:

- What does this passage tell you about what God is like— His personality or desires?
- What does this passage say about the kind of relationship God wants to have with us?

Now, using a new blank sheet of paper, write at the top, “The Relationship God Wants.” When everyone is finished, take turns reading their assigned passage and sharing what they discovered about the true nature of God and the relationship He wants with us. Record the groups’ observations on the paper.

Give everyone a moment to review the list of observations they’ve come up with. Then answer some of the following questions together:

- What stands out to you about the observations we’ve listed?
- Jesus spoke a lot about the importance of “abiding in” or “staying connected” to Him? What does that mean practically to you? What would it look like to actually do this?
- What makes it hard for you to believe that God really wants to connect with you in a radical, ongoing conversation?
- What gets in the way of us staying connected and listening to God in the way these passages describe?
- Imagine for a moment that everything we’ve read in these passages is totally true, and that you always fully believed it. How might the presence of this radical, ongoing conversation with God impact your daily life?
- What shift or change would you have to make in your attitude or behavior to allow this conversation to happen (or happen more consistently)?

Read Together:

The “God Who Is” is all about relationship. He wants to connect with you in an intimate, ongoing conversation—talking and listening moment by moment, leading and guiding and helping you grow. That’s the heart of the Christian faith. But in order for you to experience it, you have to let go of your misperceptions about God, believe that He is exactly who He says He is in the Bible, and trust that He wants that radical, intimate connection with you every day. This is the crux of our 60-Day Experiment. As we talk about God’s plan for how we can become all God intended us to be, we’re asking you to just get crazy and try living Jesus’ Revolutionary Kingdom-way wholeheartedly for 60 days—and just see if it isn’t the path to the life you long for.

CLOSING: Next Steps [About 15 minutes or so]

Ask:

- Are you willing to accept this challenge of the 60-Day Experiment—and trust that God wants to connect with you in a radical, ongoing conversation? Why or why not?
- What do you think is the next step for you toward a closer connection with God?

On one of your sheets of paper, write one way you will pursue a radical, ongoing conversation with God this week. At the top of your sheet, write your name, email or phone number.

When everyone is finished make sure that everyone has written down their Running Partners’ contact information.

Read Together:

Your job is to support your partners this week in their decision. You can do this by praying for your partners every day, and emailing or calling them at least once during the week to see how their pursuit of God is going.

Commit:

Will you agree to do this for your partners this week? Ask those who agree to raise their hand.

Distribute a copy of the “Running Partner Conversation Guide” for Week 2 to each person. (These conversation guides are also available for download on www.soulrevolution.net.)

Read chapters 1 thru 3 of *Soul Revolution* before you meet with your Running Partners next week (don’t worry—the chapters are short!), and to use the conversation guide you just gave them as a template for your time together.

Running Partner Contact Information

If you don’t already have it, copy down the contact information for each person in your group before they leave. Then send out an email to the group in the next day or two to give them contact info for each person in the group and encourage them to visit www.soulrevolution.net.

Just one final note: At the end of each chapter in the book is a guide in how to do this 60-60 experiment—so get a watch that beeps on the hour, or set your cell phone alarm to do the same, and begin to focus your attention on connecting with God in an ongoing conversation all through the day. God is here and wants to do life together.

Close your time with prayer.

NOTE: If you're new to praying with others this can be intimidating. God cares more about your heart than about the words you use to pray. If this is your first time to pray with others or if you have been uncomfortable with this in the past try this, use a one sentence prayer. It can be as simple as, "God thank you for ...(name)... and be with them this week." God knows your heart and this is a good start. If you would rather pray silently that is fine.

Soul Revolution Running Partners

Week 2 - Guide

Soul Revolution chapters 1 thru 3

RE: CENTER [15 minutes or so]

Read aloud together the “Rules of Running” on page 147 of *Soul Revolution*, and affirm together that you’ll abide by those guidelines in this conversation. (The “Rules of Running” are also available on the Running Partner Card that you can download on www.soulrevolution.net.) Feel free to read pages 147-149 of *Soul Revolution* for a more in-depth description of each of the “Rules of Running” to ensure you’re all in agreement about what the rules are and how they work.

Take a moment to pray together—either silently or aloud—inviting God to guide your conversation and to teach you how to support one another as you go through the 60-60 experience together.

After the prayer, do a brief “check in”: Tell your Running Partner(s) where you are today on a scale of 1 to 10 (10 being “I’m doing great today!” and 1 being “My life is really hard today”), and the top one or two dominant emotions you are feeling right now. Do **not** share a lot of detail at this point about *why* you feel the way you do. Just state how you’re feeling and leave it at that.

SIDENOTE: If you haven’t already, take a moment right now to set your watch to beep every 60 minutes. The point of the beep is to interrupt us and remind us that God is with us and wants to lead and guide us all day. A cell phone alarm can serve as a reminder as well. If your watch isn’t capable of being set to beep every hour, tell your Running Partners when you will purchase a watch that can be set in this way. (Check the soulrevolution.net website for the best options online.)

RE: FINE [10 minutes or so]

Take a short time to discuss what you read in Chapters 1-3 this week.

- What stood out to you most in your reading?

If some or all of you have already begun the 60-60 experiment, take some time to explore the following questions together. (If none of you have started the experiment yet, feel free to move on to the section titled “RE: EXAMINE.”)

[25 minutes or so] Take **one person at a time** completely through the following ‘exploration’ process. If this is your first time in a Running Partner relationship we understand that self disclosure is based on trust, security and confidentiality. Moderate your answers based on your current level of trust for the others in the group.

1. What do you think God is trying to do in your life right now?

- How have you experienced the fruits of the Spirit lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc. - Galatians 5:22)?

WEEK 2

- How have you treated those you do life with?
- What sin have you been conscious of this week?

2. If there's one area you need to focus on to better love God, love people, build character, or build Christ's Church, what would it be?
3. What's one thing you will intentionally do to take steps of growth?
4. Have you said the "last 10%" or have you held back today?

RE: EXAMINE [20 minutes or so]

Read together the following passages:

- Jeremiah 29:11-13; 31:3
- Matthew 6:26-33
- Romans 8:31-32, 38-39

Now read through the passages a second time and write down everything God says in these verses about His love and goodness toward you. Then discuss:

- What aspect of God's love and character described in these verses do you have the hardest time believing?
- Why do you suppose that is?

Turn to page 45 in *Soul Revolution* and read aloud item 3 under the exercise titled "How to Do the 60-60 Experiment." This week, make it your goal to reflect on God's character every hour—particularly that aspect of His goodness or love that you struggle to believe.

- Are you willing to take on that assignment? Why or why not?

RE: NEW [10 minutes or so]

Close out your time by having each person respond to these questions:

- What are you taking away from today's conversation that you want to remember as you start or continue the 60-60 over the next week?
- What's one specific thing your Running Partner(s) can do to support you as you do the 60-60 over the next week?

Read chapters 4 thru 5 of *Soul Revolution* before the meeting next week.

Close your time with prayer.

NOTE: If you're new to praying with others this can be intimidating. God cares more about your heart than about the words you use to pray. If this is your first time to pray with others or if you have been uncomfortable with this in the past try this, use a one sentence prayer. It can be as simple as, "God thank you for ...(name)... and be with them this week." God knows your heart and this is a good start. If you would rather pray silently that is fine.

Saying the Last 10%

The "last 10%" refers to whatever it is that you might have held back from sharing so far in the conversation. Where are you holding back? What is it that you know you need to share, but are afraid to? That's the "last 10%." Take the bold step to share your "last 10%" with your partners.

Soul Revolution Running Partners

Week 3 - Guide

Soul Revolution chapters 4 thru 5

RE: CENTER [5 minutes or so]

Read aloud together the “Rules of Running” on page 147 of *Soul Revolution*, and affirm together that you’ll abide by those guidelines in this conversation. (The “Rules of Running” are also available on the Running Partner Card that you can download on www.soulrevolution.net.)

Take a moment to pray together—either silently or aloud—inviting God to guide your conversation and to teach you how to support one another as you go through the 60-60 experience together.

After the prayer, do a brief “check in”: Tell your running partner(s) where you are today on a scale of 1 to 10 (10 being “I’m doing great today!” and 1 being “My life is really hard today”), and the top one or two dominant emotions you are feeling right now. Do **not** share a lot of detail at this point about why you feel the way you do (that will come later). Just state how you’re feeling and leave it at that.

RE: FINE [10 minutes or so]

Take a short time to discuss what you read in Chapters 4-5 this week.

- What stood out to you most in your reading?

[25 minutes of so] Take one person at a time completely through the following exploration process:

1. What do you think God is trying to do in your life right now?
 - How have you experienced the fruits of the Spirit lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc. - Galatians 5:22)?
 - How have you treated those you do life with?
 - What sin have you been conscious of this week?
2. If there’s one area you need to focus on to better love God, love people, build character, or build Christ’s Church, what would it be?
3. What’s one thing you will intentionally do to take steps of growth?
4. Have you said the “last 10%” or have you held back today?



RE: EXAMINE [35 minutes or so]

Read aloud 1 Corinthians 2:9-12. Then discuss:

- According to this passage, why is staying connected to God's Spirit and following His lead so important?
- What's important to you about staying connected to God? about following His lead?

Read aloud John 15:5, 9-12. In this passage, Jesus gives us three directives or requirements for staying connected to God (i.e. "abiding in Christ"):

- Abide (or remain) in Jesus' love for you.
- Follow His instruction.
- Love others as God has loved you.

Discuss:

- What is it to abide in Jesus' love for you?
- What is it to follow Jesus' instruction?
- What is it to love others as God loves you?
- What does all this have to do with connecting with God's Spirit and following His lead in everyday life?

Read aloud Galatians 5:16-18, 22. Then discuss:

- Based on all we've discussed so far, what do you think it means to "walk in the Spirit"?
- How might you move toward staying more connected with God's Spirit and following His lead?

RE: NEW [10 minutes or so]

Turn to pages 89-90 in *Soul Revolution* and read aloud the section titled "The 60-60 Experiment." Then have each person respond to these questions:

- Are you willing to take on this assignment as your challenge for the next few weeks?
- If "yes,"—What accountability to do you need from your Running Partners to ensure your success?
- If "no,"—What will you commit to do instead?

Read chapters 6 thru 7 of *Soul Revolution* before the meeting next week.

Close your time with prayer.

Soul Revolution Running Partners

Week 4 - Guide

Soul Revolution chapters 6 thru 7

RE: CENTER [5 minutes or so]

Read aloud together the “Rules of Running” on page 147 of *Soul Revolution*, and affirm together that you’ll abide by those guidelines in this conversation. (The “Rules of Running” are also available on the Running Partner Card that you can download on www.soulrevolution.net.)

Take a moment to pray together—either silently or aloud—inviting God to guide your conversation and to teach you how to support one another as you go through the 60-60 experience together.

After the prayer, do a brief “check in”: Tell your running partner(s) where you are today on a scale of 1 to 10 (10 being “I’m doing great today!” and 1 being “My life is really hard today”), and the top one or two dominant emotions you are feeling right now. Do not share a lot of detail at this point about why you feel the way you do (that will come later). Just state how you’re feeling and leave it at that.

RE: FINE [10 minutes or so]

Take a short time to discuss what you read in Chapters 6-7 this week.

- What stood out to you most in your reading?

[25 minutes of so] Take one person at a time completely through the following exploration process:

1. What do you think God is trying to do in your life right now?

- How have you experienced the fruits of the Spirit lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc. - Galatians 5:22)?
- How have you treated those you do life with?
- What sin have you been conscious of this week?

2. If there’s one area you need to focus on to better love God, love people, build character, or build Christ’s Church, what would it be?

3. What’s one thing you will intentionally do to take steps of growth?

4. Have you said the “last 10%” or have you held back today?

Saying the Last 10%

The “last 10%” refers to whatever it is that you might have held back from sharing so far in the conversation. Where are you holding back? What is it that you know you need to share, but are afraid to? That’s the “last 10%.” Take the bold step to share your “last 10%” with your partners.

WEEK 4

RE: EXAMINE [35 minutes or so]

Read aloud Matthew 5:23-24. Then discuss:

- What does this tell us about how important conflict resolution is to God?
- Why do you think it's so important to him?

Think back to a significant conflict you've had with someone close to you. It might be recent, or many years ago. But choose a conflict that you feel was resolved very positively. In other words, the relationship was restored and everything worked out great.

For the sake of this discussion, don't use any real names in your story (except your own, of course). Instead, make up a name for the person you'll be talking about. When you're ready, take turns telling your Running Partner(s) specifically what the conflict was, how it affected your relationship, and how you resolved it. Take about two minutes each to share your story. Go!

After all the stories have been shared, take some time to respond to these questions:

- What was brilliant about the way your partner(s) handled their conflict?
- How did humility show up in the stories you heard?
- Where did your partners display courage?
- What was love's role in the stories you heard?

We can all learn from each other how to resolve conflicts effectively. It's probably clear from the stories you've shared that authentic relationships require humility and the courage to resolve conflicts in love. Even though we know this, however, we don't always handle conflict the way we know is best. Some relationships end up in our relational graveyard. Some of your relationships may be in the throes of conflict right now.

Take some time to share *another* story about a conflict in your life. As before, it could be past or present. And as before, don't use any real names. But this time, choose a conflict that did not end well, or perhaps is still not resolved. Tell your Running Partner(s) what the conflict is, how it has impacted your relationship, and how you wish it had been (or could be) resolved.

You have two minutes each to share your story. Ready? Go!

After you've heard one another's stories of unresolved conflict, work together to create a unified strategy for a humble, courageous, loving way that you could have—or perhaps still can—resolve this major conflict in your life. To create your strategy, draw heavily from these three passages (Read them aloud):

- Proverbs 12:1
- Romans 12:16-18
- Matthew 18:15-17

Based on these passages, work with your Running Partner(s) to create

a strategy for how your conflicts (or any conflict) might be resolved in a humble, courageous, loving way. Remember, to have any kind of authentic relationship requires humility and the courage to resolve conflict in love. This is our opportunity to authentically apply those principles to our real lives.

When everyone is satisfied with the strategy, commit together to use this strategy in your current conflict (or the next time you have conflict), and devise a way to hold each other accountable to follow through.

RE: NEW [10 minutes or so]

Close out your time by having each person respond to these questions:

- What are you taking away from today's conversation that you want to remember as you continue the 60-60 over the next week?
- What's one specific thing your Running Partner(s) can do to support you as you do the 60-60 over the next week?

Read chapters 8 thru 9 of *Soul Revolution* before the meeting next week.

Close your time with prayer.

Soul Revolution Running Partners

Week 5 - Guide

Soul Revolution chapters 8 thru 9

RE: CENTER [5 minutes or so]

Read aloud together the “Rules of Running” on page 147 of *Soul Revolution*, and affirm together that you’ll abide by those guidelines in this conversation. (The “Rules of Running” are also available on the Running Partner Card that you can download on www.soulrevolution.net.)

Take a moment to pray together—either silently or aloud—inviting God to guide your conversation and to teach you how to support one another as you go through the 60-60 experience together.

After the prayer, do a brief “check in”: Tell your running partner(s) where you are today on a scale of 1 to 10 (10 being “I’m doing great today!” and 1 being “My life is really hard today”), and the top one or two dominant emotions you are feeling right now. Do **not** share a lot of detail at this point about why you feel the way you do (that will come later). Just state how you’re feeling and leave it at that.

RE: FINE [10 minutes or so]

Take a short time to discuss what you read in Chapters 4-5 this week.

- What stood out to you most in your reading?

[25 minutes or so] Take one person at a time completely through the following exploration process:

1. What do you think God is trying to do in your life right now?
 - How have you experienced the fruits of the Spirit lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc. - Galatians 5:22)?
 - How have you treated those you do life with?
 - What sin have you been conscious of this week?
2. If there’s one area you need to focus on to better love God, love people, build character, or build Christ’s Church, what would it be?
3. What’s one thing you will intentionally do to take steps of growth?
4. Have you said the “last 10%” or have you held back today?

RE: EXAMINE [35 minutes or so]

Read aloud John 15:12-13 and Romans 15: 7. Then discuss:

- What does it feel like to be fully loved and accepted by



another person?

- Why does God want us to give this powerful love and acceptance to each other?
- What stops us from really loving and accepting each other?
- What's the big risk that God is asking us to take with each other?

Read aloud James 5:16 and 1 John 1:5-9. Discuss:

- What is powerful about confessing your sins and struggles with others? What's the benefit?
- In the context of living in transparent, loving relationship with others, what does it mean to "walk in the Light as He is in the Light" (1 John 1:7)?
- What would "walking in the Light" look like if we practiced it here in our Running Partner conversations?

God wants us to live in a new way with one another—no longer hiding or pretending we're better than we are; but instead, being honest and vulnerable, taking the risk to be fully ourselves, just as we are, so that He can use us as instruments of healing and inspiration in one another's lives. God redeems our hearts in the context of transparent, loving relationships with others.

Discuss:

- How "transparent and loving" do you believe we currently are with each other?
- What would have to happen for this Running Partner relationship to be a "10" when it comes to loving and accepting each other without judgment?
- What would have to happen for our Running Partner relationship to be a "10" when it comes to challenging each other to live up to our full potential in Christ?
- What agreements could we make right now to move us toward a "10" when it comes to accepting each other without judgment, and authentically challenging each other to grow?

RE: NEW [10 minutes or so]

Close out your time by writing down any new agreements you have made so that each person has a copy. Then have each person respond to these questions:

- What are you taking away from today's conversation that you want to remember as you continue the 60-60 over the next week?
- What's one specific thing **you** can do to support your Running Partner(s) as they do the 60-60 over the next week?

SIDENOTE: Before you leave today, turn together to pages 163-165 in *Soul Revolution*, and read the short section titled "The 60-60 Experiment." This is your assignment for your next Running Partner meeting, and it will require a little extra personal prep time prior to when you get together. Set aside an hour or so sometime this week to begin work on this assignment, and then come prepared to finish it up with your Running Partner(s) the next time you meet.

Read chapters 10 thru 11 of *Soul Revolution* before the meeting next week.

Close your time with prayer.

Soul Revolution Running Partners

Week 6 – Guide

Soul Revolution chapters 10 thru 11

RE: CENTER [5 minutes or so]

Read aloud together the “Rules of Running” on page 147 of *Soul Revolution*, and affirm together that you’ll abide by those guidelines in this conversation. (The “Rules of Running” are also available on the Running Partner Card that you can download on www.soulrevolution.net.)

Take a moment to pray together—either silently or aloud—inviting God to guide your conversation and to teach you how to support one another as you go through the 60-60 experience together.

After the prayer, do a brief “check in”: Tell your running partner(s) where you are today on a scale of 1 to 10 (10 being “I’m doing great today!” and 1 being “My life is really hard today”), and the top one or two dominant emotions you are feeling right now. Do **not** share a lot of detail at this point about why you feel the way you do. Just state how you’re feeling and leave it at that.

RE: FINE [25 minutes or so]

Take one person at a time completely through the following exploration process:

1. What do you think God is trying to do in your life right now?
 - How have you experienced the fruits of the Spirit lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc. - Galatians 5:22)?
 - How have you treated those you do life with?
 - What sin have you been conscious of this week?
2. If there’s one area you need to focus on to better love God, love people, build character, or build Christ’s Church, what would it be?
3. What’s one thing you will intentionally do to take steps of growth?
4. Have you said the “last 10%” or have you held back today?

RE: EXAMINE [45 minutes or so]

Turn to pages 163-165 in *Soul Revolution*, the section titled “The 60-60 Experiment,” and spend the next forty five minutes following the instructions there to complete a full spiritual inventory if you didn’t already do so, and share the results with your Running Partner(s). Be sure to follow the guidelines in how to listen and respond to someone’s spiritual inventory.



RE: NEW [10 minutes or so]

Close out your time by having each person respond to these questions:

- What are you taking away from today's conversation that you want to remember as you continue the 60-60 over the next week?
- What's one specific thing your Running Partner(s) can do to support you as you do the 60-60 over the next week?

Read chapters 12 thru 13 of *Soul Revolution* before the meeting next week.

Close your time with prayer.

Soul Revolution Running Partners

Week 7 - Guide

Soul Revolution chapters 12 thru 13

RE: CENTER [5 minutes or so]

Read aloud together the “Rules of Running” on page 147 of *Soul Revolution*, and affirm together that you’ll abide by those guidelines in this conversation. (The “Rules of Running” are also available on the Running Partner Card that you can download on www.soulrevolution.net.)

Take a moment to pray together—either silently or aloud—inviting God to guide your conversation and to teach you how to support one another as you go through the 60-60 experience together.

After the prayer, do a brief “check in”: Tell your running partner(s) where you are today on a scale of 1 to 10 (10 being “I’m doing great today!” and 1 being “My life is really hard today”), and the top one or two dominant emotions you are feeling right now. Do **not** share a lot of detail at this point about why you feel the way you do (that will come later). Just state how you’re feeling and leave it at that.

RE: FINE [10 minutes or so]

Take a short time to discuss what you read in Chapters 4-5 this week.

- What stood out to you most in your reading?

[25 minutes or so] Take one person at a time completely through the following exploration process:

1. What do you think God is trying to do in your life right now?
 - How have you experienced the fruits of the Spirit lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc. - Galatians 5:22)?
 - How have you treated those you do life with?
 - What sin have you been conscious of this week?
2. If there’s one area you need to focus on to better love God, love people, build character, or build Christ’s Church, what would it be?
3. What’s one thing you will intentionally do to take steps of growth?
4. Have you said the “last 10%” or have you held back today?

RE: EXAMINE [35 minutes or so]

Throughout the 60 Days of this journey, we’ve been experimenting with the “60-60 prayer”—that is, setting our watches to beep every hour to remind us to reconnect with God and follow His lead throughout the day.



Even though we haven't described it this way, this "60-60" thing we've been doing is actually a great example of an "intentional practice."

An intentional practice is like a "sacred habit" that we purposefully develop to keep us on the path of following God's lead and growing spiritually. Some sacred habits are common to all Christ Followers—such as learning to stay connected with God throughout the day in prayer, having one or more spiritual running partners in your life, and regularly studying the Bible. But other sacred habits can be as varied and unique as we are. For example, a sacred habit could be that you pray whenever you walk your dog, or meditate on a Scripture passage every day during your commute to work. It could be a spiritually affirming statement you read whenever you feel a certain temptation. It could be that you discuss your day and then pray with your spouse every night before bed, or that you listen to worship music on your mp3 player whenever you exercise. It could be that you fast and pray one day out of each month, or that you regularly "fast" from something other than food, like television or video games, so that you can reconnect more intentionally with God.

Assign a different person to read one of these passages of scripture aloud:

- 1 Corinthians 9:24-25
- 1 Timothy 4:7-8
- Hebrews 12:11

Then discuss:

- What is the value of spiritual training according to these passages?
- What spiritual practices have worked well for you in the past?

We all need sacred habits like these to keep us on the path of following God's lead. But they don't just happen automatically. We are active partners with God in our spiritual growth. God causes the growth in our lives. But it's our job to prepare the soil, and keep it rich. Developing sacred habits is one of the key ways we do this.

Let's explore how developing a new sacred habit could change your life. At the top of a sheet of paper, write a description of a pattern of behavior, an attitude, or a habit in your life that you would like to change. Focus on a behavior or attitude that you know pulls you away from God's best for your life.

When you have finished, share with your Running Partner(s) what you wrote. Notice that we all have areas of our lives we'd like to change. For the moment, set these aside and take some time to dream together about what's possible.

At the top of a new sheet of paper, write: "Interview with the Future Me."

Imagine it's 5 years from now. For the sake of our exploration, let's assume that the Future You has found a way to deeply and regularly connect with God. You are living a rich, full, abundant life by successfully and consistently following God's lead every day. It's been quite a transformation. You are more alive than you've ever been. You are loving life and excited about the future. You have moved passed the obstacles that have historically kept you from God's best, and you are now walking the Way of Christ with

delight and passion.

Take a moment to really picture this Future You in your mind. Picture the expression on his or her face. What is it? What kind of clothes is he or she wearing? What's the general "vibe" this Future You gives off to those around?

For the next few minutes, keep the image of this Future You in your mind. As you read through the next series of questions about this Future You, silently write a response to each question on your paper. Afterward, you can share some of what you wrote.

- As you look at the Future You, what stands out to you?
- What's the dominate attitude or feeling that your Future You conveys about his or her life?
- Imagine observing the Future You as he or she goes through a typical day. How does the Future You stay connected to God throughout the day?
- What other life-giving, sacred habits has the Future You incorporated into daily life to help him or her grow spiritually?
- Think back to the pattern of behavior, attitude, or habit in your current life that you would like to change. How did the Future You overcome that obstacle?
- What is the most important intentional practice or sacred habit that the Future You would say you must do to get from where you are to where he or she is?

After you've each written a response to each of the questions above, take some time to discuss together several of the questions below:

- What surprised you about this exercise?
- What is the intentional practice or "sacred habit" that you most need to cultivate in your life to become the Future You that you envisioned?
- What would cultivating that sacred habit do for you?
- What practical "next step" are you willing to take toward developing that sacred habit?
- What kind of support or accountability do you need from this group in order to take that next step this week?
- Will you take that "next step" this week?

Volunteer to serve as one another's accountability partners this week as you each take steps toward cultivating new sacred habits in your lives.

RE: NEW [10 minutes or so]

Your next meeting with your Running Partners will be your last meeting for this 60-60 Experiment. In preparation for that final conversation, consider completing the following assignment in the days prior to that final meeting:

Turn to pages 205-206 in *Soul Revolution* and read together the section titled "The 60-60 Experiment." After the reading, discuss whether you're all willing to take on this challenge over the next week and report back next time about what happened and who God is leading you to pray for in the coming weeks.

Will you take this on?

Read chapters 14 thru 18 of *Soul Revolution* before you meet next week

Close with prayer.

Soul Revolution Running Partner

Week 8 - Guide

Soul Revolution chapters 14 thru 18

RE: CENTER [5 minutes or so]

Read aloud together the “Rules of Running” on page 147 of *Soul Revolution*, and affirm together that you’ll abide by those guidelines in this conversation. (The “Rules of Running” are also available on the Running Partner Card that you can download on www.soulrevolution.net.)

Take a moment to pray together—either silently or aloud—inviting God to guide your conversation and to teach you how to support one another as you go through the 60-60 experience together.

After the prayer, do a brief “check in”: Tell your running partner(s) where you are today on a scale of 1 to 10 (10 being “I’m doing great today!” and 1 being “My life is really hard today”), and the top one or two dominant emotions you are feeling right now. Do **not** share a lot of detail at this point about why you feel the way you do. Just state how you’re feeling and leave it at that.

RE: FINE [10 minutes or so]

Take a short time to discuss what you read in Chapters 4-5 this week.

- What stood out to you most in your reading?

[30 minutes of so] Take one person at a time completely through the following exploration process:

1. What do you think God is trying to do in your life right now?
 - How have you experienced the fruits of the Spirit lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc. - Galatians 5:22)?
 - How have you treated those you do life with?
 - What sin have you been conscious of this week?
2. If there’s one area you need to focus on to better love God, love people, build character, or build Christ’s Church, what would it be?
3. What’s one thing you will intentionally do to take steps of growth?
4. Last week you were challenged to take on the assignment on pages 205–206 of *Soul Revolution*. Take some time now to share with your partners who you believe God is leading you to pray for and what you sense God is asking you to do to reach out to them. Pause for moment right now to pray for these people—that God would enter into their life situation in a tangible way.



Now, using the following exercise, take some time to examine together where you want to go from here.

RE: EXAMINE [15 minutes or so]

Turn to pages 254-255 in *Soul Revolution* and complete together the exercise titled "The 60-60 Experiment."

- What are you committing to do moving forward as a result of going through the 60-60 experience?
- How will you ensure that you stay on track?

RE: NEW [15 minutes or so]

Close out your time by having each person respond to these questions:

- What have you appreciated most about the 60-60 experiment?
- What else do you want to say to close out our time together?

Close with prayer.