

Small Group Running Partner Guides

*Use every other week when your Small Group
breaks into Running Partners' meetings.*

SOUL REVOLUTION

www.soulrevolution.net



This material Soul Revolution Small Group Running Partner Guides was prepared by Gateway Community Church in 2008 for www.soulrevolution.net. You are free to share this material (i.e. copy it for your group members) under the following conditions:
1. You must attribute the work to Gateway Community Church, Austin Texas - www.soulrevolution.net, and www.gatewaychurch.com
2. You may not use this work for commercial purposes
3. You may not alter or transform this work (i.e. you can't take text from this work and include it in your own discussion guide or article)
For details, refer to <http://creativecommons.org/licenses/by-nc-nd/3.0/us/>

Gateway Community Church
7104 McNeil Drive
Austin, TX 78729

This work is licensed under the Creative Commons Attribution-Noncommercial-No Derivative Works 3.0 United States License.
To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/us/> or send a letter to Creative Commons,
171 Second Street, Suite 300, San Francisco, California, 94105, USA.

Small Group Running Partner Guides

Soul Revolution Groups will be breaking into Running Partner relationships every other week during the Soul Revolution Small Group. Print and pass out these Running Partner guides to everyone for use during these weeks.

Intro Week

Meet as a Small Group

Intro Group Session

Read *Intro* together in Group

Week 1

Meet as a Running Partners

Running Partner Guide

Read Chapters 1–3 before this meeting

Week 3

Meet as a Running Partners

Running Partner Guide

Read Chapters 6–7 before this meeting

Week 5

Meet as a Running Partners

Running Partner Guide

Read Chapters 10–11 before this meeting

Week 7

Meet as a Running Partners

Running Partner Guide

Read Chapters 14–15 before this 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. Your Soul Revolution group is a perfect place to begin. We recommend that your small group divide into sub-groups of 3's or 4's and commit to "running together" just for the Soul Revolution series.

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 conversation. We will provide a conversation guide for use at each of the Running Partner meetings. The Soul Revolution small group leader will distribute these guides at the group meeting, or you can download them at www.soulrevolution.net.

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

If you have some questions, talk it over with your Running Partners and/or with the small group leader. "How does this seem to be working so far?" is a great open question to ask each other after the first meeting or two. Sometimes it makes sense to shift groups around after a couple of weeks, or sometimes it just takes some 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.

Soul Revolution Running Partner Guide

Week 1 – With Running Partners

Soul Revolution chapters 1 thru 3

Over the next eight weeks, we're inviting your Small Group 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:

You'll each set your watch to beep once every 60 minutes, for the next 60 days. Each time your watch beeps, pause a moment to remember that God is present with you in that moment no matter what you're doing, and consciously invite Him to guide you step by step in the midst of your daily life. We're doing this experiment to see how God shows up and begins growing us into the people we long to be as we focus on doing 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).

Here's your conversation guide for this week:

GETTING STARTED: [15 minutes or so]

If the people in your Running Partner group are new relationships for you these are good questions to get acquainted:

- When and why did you start coming to church here?
- What was your spiritual background before this church?
- What are 3 things that you'd like us to know about you?

If you already know the people in your Running Partner group answer these questions to get started:

- What are you looking forward to in this Running Partner relationship?
- What freaks you out or is scary about this for you?

Set your watch to beep every hour

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.

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.) Since this is your first conversation, 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.

RE: FINE [20 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)?
- 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.

RE: EXAMINE [25 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 one or two of these questions:

- What stood out to you most in the readings for this week?
- 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 4 thru 5 of *Soul Revolution* before the Small Group meeting next week.

Soul Revolution Running Partner Guide

Week 3 – With Running Partners

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 [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?

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.

RE: EXAMINE [45 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 give your partners positive feedback on the way they handled the conflict

- What was brilliant about the way they partner(s) handled their conflict?
- How did humility show up in the stories you heard?
- Where did they 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 one or two of these questions:

- What stood out to you most in the readings for this week?
- 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 Small Group meeting next week.

Soul Revolution Running Partner Guide

Week 5 – With Running Partners

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.

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 half hour following the instructions there to complete a full spiritual inventory if you didn’t already do so. 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 [15 minutes or so]

Close out your time by having each person respond to one or two of these questions:

- What stood out to you most in the readings for this week?
- 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 Small Group meeting next week.

Soul Revolution Running Partner Guide

Week 7 – With Running Partners

Soul Revolution chapters 14 thru 15

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.

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 [20 minutes or so]

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.



RE: NEW [15 minutes or so]

Close out your time by having each person respond to one or two of these questions:

- What stood out to you most in the readings for this week?
- 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?

Close with prayer.

Read chapters 16 thru 18 of *Soul Revolution* before the Running Partner meeting next week.

Print and use this card as a way to continue your training in Running Partner Relationships after your Soul Revolution Small Group ends.

RUNNING PARTNERS CARD - Rules of Running

The purpose of running together is to provide the encouragement, pacing, and motivation we all need to grow in the Way of Christ.

Read these values together before you start every meeting as a reminder of how to run together.

- **Accept and encourage as often as possible.**

Spurring one another on toward love and good deeds, not losing hope, progressing in the faith

- **Ask questions often; give advice once with permission.**

Remember, if the person doesn't want to hear it, they won't—even if you say it!

- **Give reproof or correction only when absolutely necessary.**

Sometimes a person needs hard truth and a good wake-up call when they just can't see, but it must always be in the context of love—never out of frustration or a desire to "fix" or "control" the other person's behavior. Changing the other person is not your job, running with them and giving them the help they are asking for is your job.

- **Never give judgment.**

- **Always protect confidentiality.**

- **Be intentional with other people.**

In time, find other people you can help grow in the Way of Christ. Move from growing personally to helping others grow.

RUNNING PARTNERS CARD - When we Meet as Partners

Try and give time in each meeting to these three areas of training.

Life Transparency

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

(Refer to the Way of Christ categories below)

- Loving God : as a personal relationship and in radical responsiveness to Him

- Building Character : experiencing the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control - Gal. 5:22)

- Loving People : having healthy relationships with the people you do life with

- Being the Body : using my time, talents and treasure to serve others

2. What sin have you been conscious of this week?

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

The Scriptures are my Guide

4. What Scripture did you read this week?

5. How was God speaking to you through your readings?

Life with God for Others

6. Who are two people you know that are not currently experiencing a connected life with God that you are praying for?

7. Are you seeing God do anything in these people's lives that you can celebrate?

8. Have you said the "last 10%" or have you held back today?