LIFE GROUP STUDY – 19/01/2025

1. What is the main metaphor used in the series "Here & Now" to describe living a life of purpose and faith?

2. According to Mark, what is the hardest part of running, and what advice was given to a novice runner?

3. How does Mark describe the concept of running a spiritual race, and what biblical references are used to support this idea?

4. What are some of the costs associated with discipleship and non-discipleship?

5. How should we deal with distractions in our lives to run our spiritual race effectively?

6. What is the importance of training versus trying, in the context of spiritual growth? What might training look like for us?

7. What are some feelings that Chip Dodd identifies as primary, and how should we handle them?

8. What is the significance of Hebrews 12:1-3 in the context of the series, and how does it relate to the concept of running a spiritual race?