

SPIRITUAL RUNNING PARTNERS

WHAT IS A SPIRITUAL RUNNING PARTNER?

A running partner is another person (or couple of people) who I am willing to learn to entrust with my concerns, spiritual struggles, sins, dreams, successes and plans to grow. I come together with this person or group for a season of time in a commitment to be honest and help each other grow spiritually to be more like Jesus.

HELPFUL THOUGHTS:

1. Connect intentionally - have a clear purpose
2. Connect regularly - make a plan and keep it
3. Reflect on the other person - focus on their growth
4. Focus on the goals: character and action (Hebrews 10:24)

RULES OF "RUNNING"

1. Accept and encourage as often as possible
2. Ask questions often, give advice with permission
3. Give correction and direction when absolutely necessary
4. Never give judgment
5. Always protect confidentiality

"HOW ARE YOU RUNNING?" QUESTIONS

Take turns discussing the first question then move on to each successive one.

1. What do you think God is trying to do in your life right now?
2. What aspects of "godly" character are you seeing lately (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, etc.)?
3. How have you treated those you "do life" with?
4. What sin or wrong priority have you been conscious of this week?
5. If there's one area you need to focus on: to better love God, love other believers, or love unbelievers - what would it be?
6. What's one thing you will intentionally do to take steps of growth in this area?
7. Have you been transparent with me or have you held something back?

*adapted from "*Soul Revolution*" by John Burke

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