



**FELLOWSHIP OF
CHRISTIAN
ATHLETES**

Bailey Timmons Personal Testimony Discussion Guide

Warm-Up

1. Have you ever been in a relationship, or seen a relationship, where all your identity is found in what that person thinks of you?

Workout

1. Go through the Romans Road (Romans 3:23, Romans 6:23, Romans 5:8, and Romans 10:9-10), and discuss how you have seen those things in your own life.
2. Read Colossians 3:1-3. How does that impact how we view relationships and our identity, and how does that free us up in other areas of our lives?
3. Read Galatians 2:20. How does this impact the way in which we approach our sports, and our response to adversity?

Cool Down

1. Share with each other the most impactful thing you learned from this discussion. What is one practical way you could apply that in the next week?