



**FELLOWSHIP OF
CHRISTIAN
ATHLETES**

**Ryan Schommer Testimony
Discussion Guide**

Warm-Up

1. Discuss your initial reactions to Ryan and his story.
2. What does it mean to “Compartmentalize your faith?”

Workout

1. Summarize the message of the Bible (The Gospel) in your own words. In your answer, consider what is true about God, Man, and Jesus. How should we respond based off of Mark 1:15?
2. Read James 5:16. What people in your life do you confess your sins to? How has their prayers impacted your life?
3. How does Colossians 3:23 help shape your mindset in sports and in life?

Cool Down

1. Share with one another some good ways to train our minds to keep faith flowing in all things, including sports.