



**FELLOWSHIP OF
CHRISTIAN
ATHLETES**

Distance Camp Zoom Calls

Discussion Guide

June 2020

Week 1 – Tanner Fruit

Warm-Up

1. While at UNK, Tanner Fruit ran a 14:14 5k which is an average 4:34 Mile. What is the fastest mile time you have ever personally witnessed? What was most impressive to you about that race?

Workout

1. Tanner shared a powerful story about an injury he suffered right before his regional race and how God used that to teach him to about running and its proper place in his life. How has God used setbacks in your athletic experience to teach you about Him?
2. What does it look like to run with a complete trust in the Lord? Much like Tanner did while running on a broken foot at regionals.
3. Why is it important to have Jesus as most important in our life? How does his death on the cross give us the right perspective on life?

Cool Down

1. Re-read what Tanner shared from Matthew 14:22-33. Spend some time quietly considering what is most important to you in your life. Don't let it just be lip service. Consider how your actions might reveal what matters most to you. Consider what Jesus did on the cross and ask God to help you to place Him in His proper place in your life.