



**FELLOWSHIP OF  
CHRISTIAN  
ATHLETES**

## **Distance Camp Zoom Calls**

### **Discussion Guide**

**June 2020**

**Week 2 – Amanda Rego**

### **Warm-Up**

1. What is something other than running that you have worked really hard at? What was the result?

### **Workout**

1. What pressures do you feel from your involvement in athletics?
2. Amanda shared that she went through a time in her life when she knew she had made running more important than God. Her response was to remove running all together. How did Romans 12:1-2 guide her perspective?
3. Like Amanda, have you ever felt robbed after working so hard at something and not getting what you want? How does Colossians 3:17 guide your thinking and give you a more eternal perspective?

### **Cool Down**

1. Spend some time quietly considering how someone's relationship with Jesus and running should go together. After taking 30 sec to 1min to quietly think and pray, share with the group some of your thoughts.