



**FELLOWSHIP OF
CHRISTIAN
ATHLETES**

Distance Camp Zoom Calls

Discussion Guide

June 2020

Week 5 – Brady Bonsall

Warm-Up

1. If you could have absolute control of one thing in life, what would it be? Why?

Workout

1. How has a circumstance outside of your control in running or in life taught you something you would have never learned if you were in control?
2. Why does the desire to honor God regardless of the circumstance free you to compete at a higher level?
3. How has Covid-19 taught you to trust God at a higher level?

Cool Down

1. Brady talked about how spending time in God's Word is critical to trusting Him more in your life. Take time to write down a verse that helps you to trust God more. If you are having trouble coming up with one, Brady mentioned Romans 12:1-2. Look it up and take time to think about it.