

## Reflection and Discussion Questions

1. In what ways have you grown in your walk with the Lord this past year?
2. If there hasn't been much growth, what do you think is stopping you from growing?
3. Looking at your Christian life as a race, how would you describe where you are: distracted or veering off course? Slow and tired? Running with endurance? Or \_\_\_\_\_
4. List some things that could be a weight –
5. Now list some things that are sin but might not look like sin –
6. What places of compromise might you need to repent of? What areas of ungodly influence might you need to let go of? What attitudes need adjustment?
7. How will you lay aside “every weight and sin” in your life?
8. Do you tend to get distracted by comparing yourself with other runners, and if so, how can you overcome this?
9. Do you have “witnesses” whose lives you look to for encouragement, if so, what are a few ways their lives encourage you?

## General Discussion Questions

*These questions are to be used for each of the teachings to help us reflect upon and process with the Lord what we heard and learned. Please be prepared to share what the Lord has shown you with your group.*

1. How did the Lord speak to you through the teaching?
2. Did you learn anything new about this topic or see it in a new light?
3. What struggles do you face related to this topic?
4. What is the Lord asking you to do as a result of the teaching?
5. Give an example of how you have grown spiritually related to this topic.
6. How do you guard against the influence of the world regarding this topic?
7. What can we learn from the life of Jesus about this topic?
8. Was there anything you did not understand from the teaching?
9. What Scripture is most helpful to you regarding this topic?
10. What did you learn about the Lord's character from the teaching?
11. How can we pray for you regarding this topic?
12. What encouragement do you have for other women related to the teaching?

*Oh, how I love Your instructions! I think about them all day long. Your commands make me wiser than my enemies, for they are my constant guide. Psalm 119:97-98 NLT*