



*Real Encounters*

36.9166° N // 34.8952° E

**RUN**  
JOURNEY

**LEAD YOUR KIDS SPIRITUALLY.  
MAKE THE CALL. FORGIVE. HEAL.  
MENTOR SOMEONE YOUNGER.  
PRAY FOR YOUR PEOPLE. CONSISTENTLY.  
FINALLY FIND YOUR PEOPLE.  
GO ON AN ADVENTURE WITH PURPOSE.  
START THAT NONPROFIT OR MINISTRY IDEA.  
USE YOUR HOME FOR COMMUNITY AND GROWTH.  
COMMIT FULLY TO WHERE GOD HAS YOU NOW.  
BUILD A REJUVENATING SPIRITUAL HABIT.  
INFUSE PURPOSE INTO YOUR CURRENT CAREER.  
BREAK A BAD HABIT. CHOOSE FREEDOM.  
VOLUNTEER WHERE YOU'RE GIFTED.  
ACTUALLY REST. PRACTICE SABBATH.  
PROTECT AND CARE FOR THE VULNERABLE.  
STEP INTO A NEW CAREER OR CALLING.  
BE A LIGHT IN YOUR NEIGHBORHOOD.  
INVEST IN YOUR MARRIAGE.**

**WAYS GOD MIGHT BE CALLING YOU TO RUN**





# WELCOME TO THE RUN JOURNEY

**YOU WEREN'T MADE TO COAST THROUGH  
LIFE OR CHASE SOMEONE ELSE'S DREAM.  
YOU WERE DESIGNED TO RUN THE RACE GOD  
SET IN FRONT OF YOU. TO REFLECT WHO HE  
IS AND BRING GOOD INTO THE WORLD.**

The RUN Journey is a five-week experience to help you wake up, find your purpose, and start moving. You'll train with others, push through resistance, and take real steps toward the life God designed you to live.

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## **WEEK 1: LOOK UP**

*Wake up. Name the race God might be putting in front of you.*

## **WEEK 2: SUFFERING**

*Face your pain. Ask how God might use it to move you forward.*

## **WEEK 3: ENDURANCE**

*Build your training plan. Get stronger for what's ahead.*

## **WEEK 4: CHARACTER**

*Ask God what's holding you back. Own it. Surrender it.*

## **WEEK 5: HOPE**

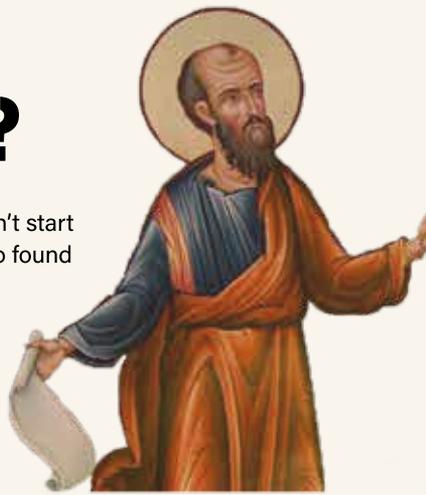
*See the big picture. Write your Run Manifesto and commit.*

This journey follows the same path the Apostle Paul walked: suffering, endurance, character, and hope (Romans 5:3–5). It's not about comfort. It's about movement.

**BY THE END, YOU'LL KNOW YOUR RACE—  
AND BE RUNNING IT.**

**LET'S DO THIS.**

# WHO WAS PAUL?



Paul wrote most of the New Testament, but he didn't start out as a spiritual icon. His story is one of a guy who found his race later in life and ran it hard.

He grew up in Tarsus, a major Roman city, with a rare mix of Roman citizenship, Greek education, and strict Jewish training. He had access, intellect, and discipline. And at first, he used all of it to fight against the early Jesus movement.

But everything changed when Jesus met him in a blinding light on the road to Damascus. That moment didn't just shift Paul's beliefs. It gave him an entirely new direction.

Paul spent the rest of his life running full-speed after what God called him to do. He traveled across the Roman world—from Athens to Ephesus—starting communities, writing letters, and sharing hope with anyone who would listen. His race included failure, beatings, betrayal, prison, and shipwrecks. But he never quit.

Paul's life proves that following Jesus isn't about perfection. It's about perseverance. Here's how he describes it:

**"I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH. HENCEFORTH THERE IS LAID UP FOR ME THE CROWN OF RIGHTEOUSNESS, WHICH THE LORD, THE RIGHTEOUS JUDGE, WILL AWARD TO ME ON THAT DAY, AND NOT ONLY TO ME BUT ALSO TO ALL WHO HAVE LOVED HIS APPEARING."** - 2 TIMOTHY 4:7-8

**47-48 AD**  
Paul's First  
Missionary  
Journey

**34 AD**

Paul's Conversion on  
the Damascus Road

**34-36 AD**

Paul's  
Ministry  
in Arabia

**36 AD**

Paul's Post-Damascus  
Jerusalem Visit

**36-46 AD**

Paul in Tarsus



# WHY IT MATTERS.

## YOUR STORY HAS POWER.

Paul's background—Roman, and Jewish—wasn't random. God used it all. He can do the same with your story.

## GOD MEETS YOU WHERE YOU ARE.

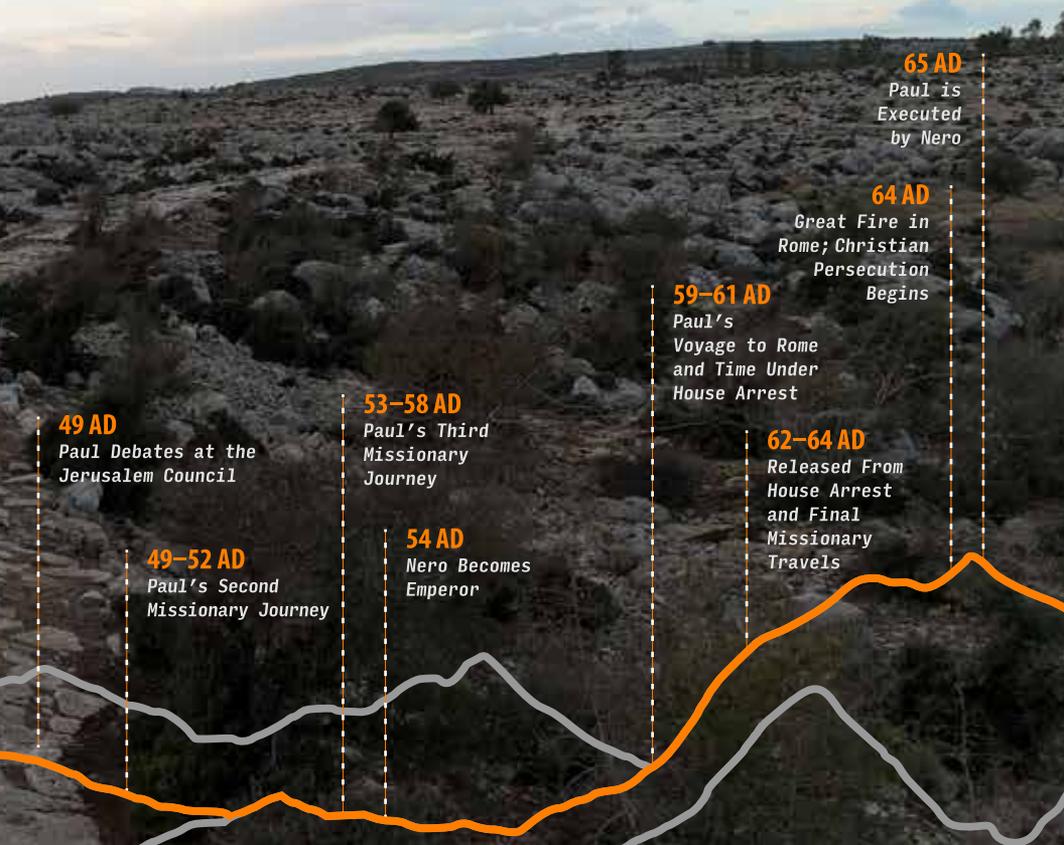
Paul wasn't looking for Jesus. Jesus came looking for him. Wherever you are right now, God can meet you there.

## GROWTH TAKES EFFORT.

Paul's life wasn't easy. He learned that endurance doesn't come from comfort. It comes from trust.

## HOPE IS WORTH CHASING.

Paul's race wasn't about playing it safe. It was about helping people find the same hope that changed his life. That's still possible today.





# LOOK UP. NOTICE YOUR RACE.

Tarsus was a busy, well-known city, full of trade and culture. It's where Paul was born. He had Roman status, Jewish roots, and a top-tier education. That mix put him in the unique position to connect with all kinds of people.

Paul was a passionate guy, running hard, but in the wrong direction. He ended up stuck in Tarsus, probably frustrated. But once he started chasing God's plan instead of his own, everything changed.

He didn't just find purpose; he helped change the world. Just like Paul, your starting point matters. God often begins your calling in the very place you think you're just "from." He will use your unique experiences, gifts, passions, and situation. But you have to want Him to do so.

## SCRIPTURE

*READ THIS SCRIPTURE THREE TIMES. UNDERLINE ANY WORD OR WORDS YOU THINK GOD MIGHT BE HIGHLIGHTING.*

*"Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable."*

- 1 CORINTHIANS 9:24-25

## THE BIG FIVE

*PULL OUT YOUR FIELD GUIDE AND WRITE ANSWERS TO EACH OF THE QUESTIONS BELOW.*

- ◇ **What stood out to you from the weekend message?**  
\_\_\_\_\_
- ◇ **Name all the races you are in right now. Does one of those stand out as something God wants you to focus more of your attention on?**  
\_\_\_\_\_
- ◇ **Are there any races you haven't started yet but feel God might want you to?**  
\_\_\_\_\_
- ◇ **If you weren't scared of anything, what race would you run?**  
\_\_\_\_\_
- ◇ **What unique gifts, passions, or circumstances has God placed in your life to help you run your race? List at least 10 in your Field Guide.**

## ASSIGNMENT

*OPEN THE WEEK 01 ENVELOPE IN THE FOLDER POCKET*

# OPEN WEEK 01

Complete the challenge on the next page  
before your group meeting.



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# **RUN**

## **JOURNEY**





WEEK ONE

# CHALLENGE



Travel at least one mile (by foot if you can, or maybe a bike, or even a car if necessary. A hoverboard or horse is also acceptable. Anything but a Razor scooter is OK), and pray during that mile: "What race do you have for me, God?"



# NAME YOUR SUFFERING.

Philippi was a Roman city. Proud, strategic, and loyal to the Empire. It's where Paul and his friend Silas were beaten and thrown in jail for talking about Jesus. Even in pain, they didn't quit. They prayed and sang. Then the prison broke open, and they walked free.

Their suffering produced freedom, both for themselves and others. In Philippi, Paul learned that joy doesn't depend on circumstance — it's forged in surrender.

MEDITATE

## SCRIPTURE

*READ THIS VERSE FROM ONE OF PAUL'S LETTERS AND THEN REWRITE IT IN YOUR OWN WORDS.*

*"My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."*

- 2 CORINTHIANS 12:9

ANSWER

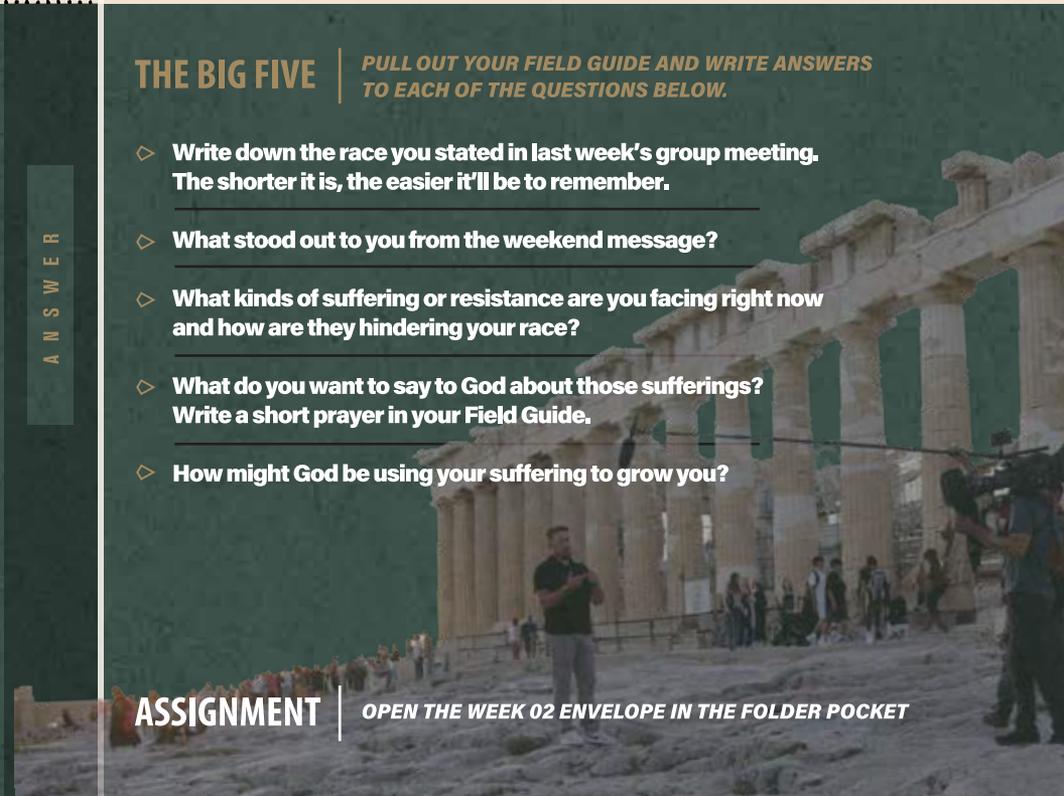
## THE BIG FIVE

*PULL OUT YOUR FIELD GUIDE AND WRITE ANSWERS TO EACH OF THE QUESTIONS BELOW.*

- ◇ **Write down the race you stated in last week's group meeting. The shorter it is, the easier it'll be to remember.**  
\_\_\_\_\_
- ◇ **What stood out to you from the weekend message?**  
\_\_\_\_\_
- ◇ **What kinds of suffering or resistance are you facing right now and how are they hindering your race?**  
\_\_\_\_\_
- ◇ **What do you want to say to God about those sufferings? Write a short prayer in your Field Guide.**
- ◇ **How might God be using your suffering to grow you?**

## ASSIGNMENT

*OPEN THE WEEK 02 ENVELOPE IN THE FOLDER POCKET*



# OPEN WEEK 02

Complete the challenge on the next page  
before your group meeting.



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# RUN

## JOURNEY





WEEK TWO

# CHALLENGE



Carry or hold something heavy for at least 10 minutes (set a timer). As you carry it, reflect on the suffering or resistance you've been holding in your life. When the time ends, set the object down as an act of surrender and pray: "God, do you have anything to say to me about this weight?"



# DEVELOP YOUR TRAINING REGIMEN.

Athens was the intellectual capital of the world. Full of thinkers, debaters, and idolatry, Paul stopped there to rest, but when he saw how spiritually hungry people were, he couldn't sit still. He persevered.

He talked with the city's top minds at the Areopagus, the hill that served as a meeting place for city elders, and pointed them from false gods to the real one using language they could

understand. His whole life had prepared him for that moment. It's where his endurance pays off. Some laughed at him. Others believed.

Running your race means not quitting. Even when people don't get it. Even when no one cheers you on. It's choosing to stay steady and honest, even when it's hard.

MEDITATE

## SCRIPTURE

CIRCLE OR UNDERLINE SOME THINGS THAT STAND OUT.

*"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."*

- HEBREWS 12:1-2

## THE BIG FIVE

PULL OUT YOUR FIELD GUIDE AND WRITE ANSWERS TO EACH OF THE QUESTIONS BELOW.

- ◇ *Where have you seen God move in the "weakness" you named last week?*  
\_\_\_\_\_
- ◇ *What stood out from the weekend message?*  
\_\_\_\_\_
- ◇ *In what area(s) of your life do you feel tempted to give up right now?*  
\_\_\_\_\_
- ◇ *Which of these spiritual practices is most energizing for you: Bible reading, fasting, prayer, worship, or sabbath? Which one do you tend to skip over?*  
\_\_\_\_\_
- ◇ *What's your plan to engage with one spiritual practice and to train for your race this week? Maybe they're the same thing, but think outside the box.*

ANSWER

## ASSIGNMENT

OPEN THE WEEK 03 ENVELOPE IN THE FOLDER POCKET

# OPEN WEEK 03

Complete the challenge on the next page  
before your group meeting.

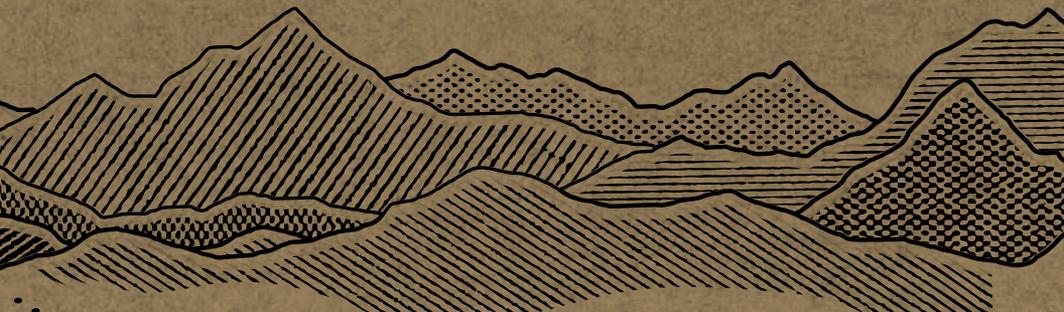


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# RUN

## JOURNEY





## WEEK THREE

# CHALLENGE



Tackle a physical activity (weight lifting, running, swimming, break dancing, hula-hooping, etc.) you've been putting off trying. Write down how you feel afterwards in your Field Guide.



CORINTH | WK 4

# GO TO GOD. BE REFINED.

Corinth was a busy port city. Wealthy, messy, and full of spiritual confusion. It was world-renowned for its lack of character. Paul stayed there for 18 months, teaching and building relationships. He encouraged the new

church to live with love and integrity in a corrupt world.

Corinth tests every runner's heart. Character, not charisma, is what finishes the race.

MEDITATE

## SCRIPTURE

*READ THIS SCRIPTURE THREE TIMES. UNDERLINE ANY WORD OR WORDS YOU THINK GOD MIGHT BE HIGHLIGHTING.*

*"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting."*

- P S A L M 1 3 9 : 2 3 - 2 4

## THE BIG FIVE

*PULL OUT YOUR FIELD GUIDE AND WRITE ANSWERS TO EACH OF THE QUESTIONS BELOW.*

- ◇ **Where have you seen God move in your training plan from last week?**  
\_\_\_\_\_
- ◇ **What stood out from the weekend message?**  
\_\_\_\_\_
- ◇ **Where is your character being tested right now — in private or public?**  
\_\_\_\_\_
- ◇ **Read 1 Corinthians 13:4-7. How does love serve (or fail to serve) as a filter for your motives, words, and actions? Name one characteristic of love from the passage that you want to see more of in your life.**  
\_\_\_\_\_
- ◇ **What might repentance look like this week — practically, not just spiritually?**  
\_\_\_\_\_

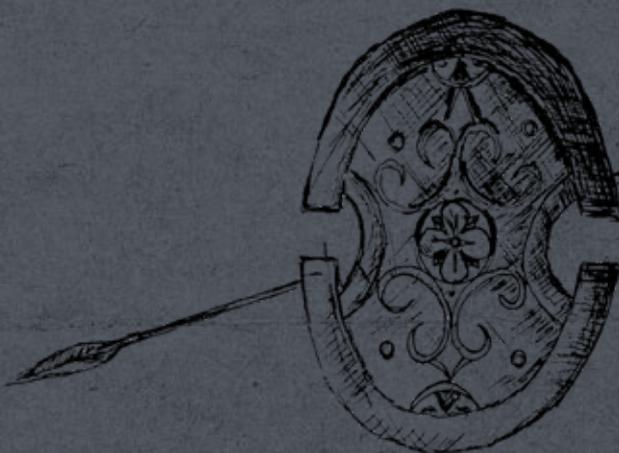
ANSWER

## ASSIGNMENT

*OPEN THE WEEK 04 ENVELOPE IN THE FOLDER POCKET*

# OPEN WEEK 04

Complete the challenge on the next page  
before your group meeting.



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# RUN

## JOURNEY





**WEEK FOUR**  
**CHALLENGE**



Rewrite Psalm 51 in your own words. When finished, pray your prayer out loud to God.



# WRITE YOUR MANIFESTO.

Ephesus was a powerful city known for its magicians, businesses, and the worship of the goddess Artemis. Paul spent years there, and his work sparked real change. People turned from sorcery, and the message of Jesus spread. But it wasn't

easy—he faced riots & persecution.

Ephesus is where you realize your race was never just about you — it was about others finding life through your faithfulness.

MEDITATE

## SCRIPTURE

READ IT OUT LOUD THREE TIMES.

*"I press on toward the goal for the prize of the upward call of God in Christ Jesus."*

- PHILIPPIANS 3:14

## THE BIG FIVE

PULL OUT YOUR FIELD GUIDE AND WRITE ANSWERS TO EACH OF THE QUESTIONS BELOW.

- ◇ **Where have you seen your repentance from last week impact your relationship with God?**  
\_\_\_\_\_
- ◇ **What stood out from the weekend message?**  
\_\_\_\_\_
- ◇ **Looking back over your journey, how has your "race" become clearer?**  
\_\_\_\_\_
- ◇ **In choosing to run your race with God, what are you hopeful for?**  
\_\_\_\_\_
- ◇ **How would you summarize your race, suffering, plan, and hope in a single statement?**

ASSIGNMENT

## COMPLETE YOUR RUN MANIFESTO FROM THE BACK OF THIS FOLDER. BRING IT TO GROUP.

Look back on your journey so far. Read your journal entries and notes in your Field Guide. Pray. Then, under each category, fill in whatever comes to mind. Be detailed. (It's OK if it's a little long).

# COMPLETE YOUR RUN MANIFESTO.

Look back on your journey so far. Read your journal entries and notes in your Field Guide. Pray. Then, under each category on the inside of this poster, fill in whatever comes to mind.

Be detailed. Then, boldly display this where you can be reminded daily of your declaration.

**REAL**  
ENCOUNTERS

*With  
God*

# MY RUN MANIFESTO



I AM RUNNING TOWARD //

*Run in such a way as to win the prize. – 1 Corinthians 9:24*

I REFUSE TO BE HELD BACK BY //

*In all these things we are more than conquerors... – Romans 8:37*



I WILL RUN BY COMMITTING TO //////////////////////////////////////

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*Train yourself for godliness. – 1 Timothy 4:7*



I WANT TO BE KNOWN AS SOMEONE WHO ////

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*Walk worthy of the calling you have received. – Ephesians 4:1*



MY HOPE IS //////////////////////////////////////

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*We have this hope as an anchor for the soul. – Hebrews 6:19*



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