



*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

**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

**47-48 AD**

Paul's First Missionary Journey



# 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.

## GROWTH TAKES EFFORT.

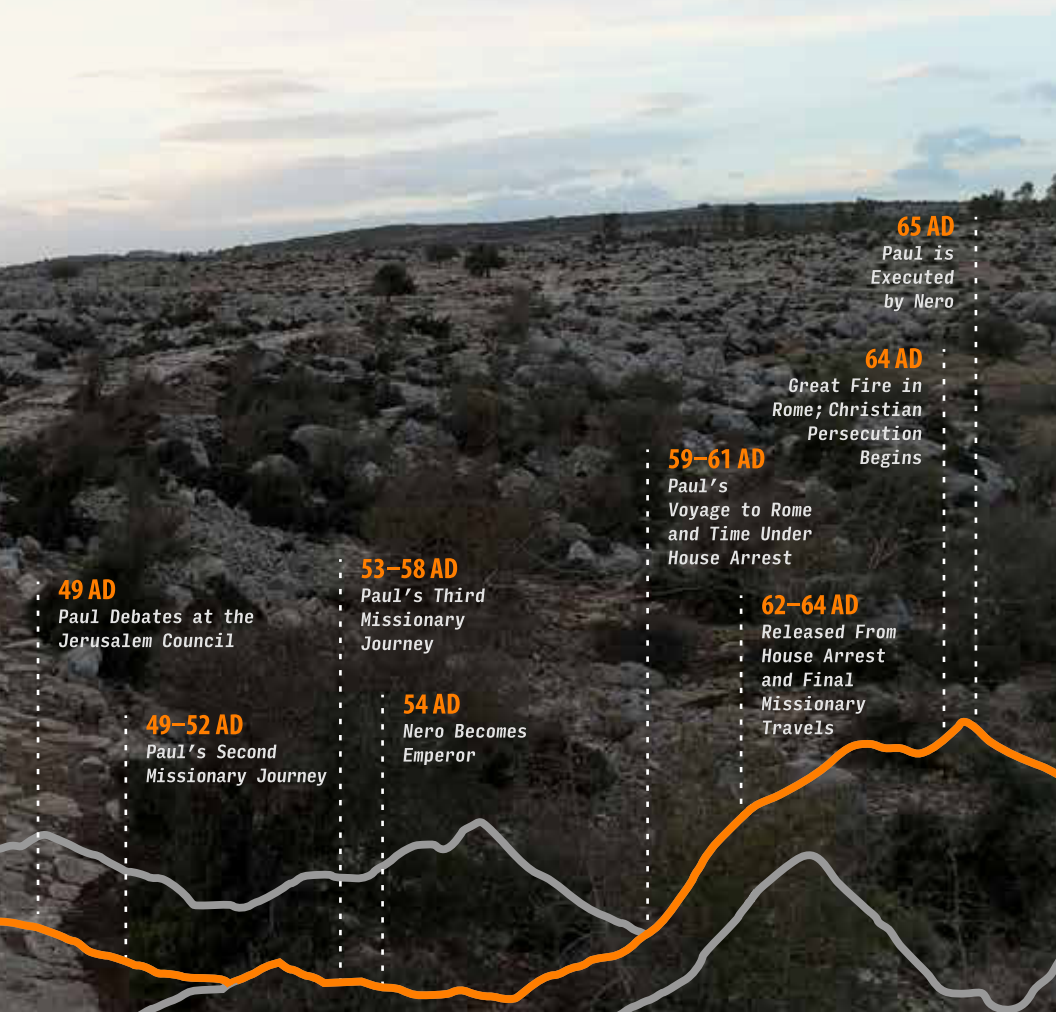
Paul's life wasn't easy. He learned that endurance doesn't come from comfort. It comes from trust.

## 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.

## 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.



**49 AD**  
Paul Debates at the  
Jerusalem Council

**49–52 AD**  
Paul's Second  
Missionary Journey

**53–58 AD**  
Paul's Third  
Missionary  
Journey

**54 AD**  
Nero Becomes  
Emperor

**59–61 AD**  
Paul's  
Voyage to Rome  
and Time Under  
House Arrest

**64 AD**  
Great Fire in  
Rome; Christian  
Persecution  
Begins

**62–64 AD**  
Released From  
House Arrest  
and Final  
Missionary  
Travels

**65 AD**  
Paul is  
Executed  
by Nero



# 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?"