



**Matthew 16:24** Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me."

## Icebreaker

What book, movie, speech, podcast, teaching could or do you watch, listen to or read over and over?

## Conversation Starters

1. What's the single greatest display of human strength you've ever experienced?
2. How do you typically respond to trials or challenges at work, home, or in relationships? What helps you respond well? What doesn't?
3. Paul describes developing spiritual strength as going into "strict training" and "running in a way to win the prize." How descriptive is this of your spiritual strength plan? What do you think Paul means?
4. Jacob Pauli talked about his training to become an Olympic Pole Vaulter. He said the thing that helped him most in dealing with disappointments and failures was taking time to "zoom out," remember what he loves, and see the big picture. How surprised are you to hear the primary role this can play in developing spiritual strength? How might zooming out be helpful for you?
5. Jeff taught that remembering the goal, challenging ourselves, and training with a team can help us develop spiritual strength? Which of these are you more naturally good at? What does that look like for you? Which might be a growth area? What would that look like for you?