

THE RELAY STUDY GUIDE



PASSING ALONG YOUR FAITH
IN THE RACE TO SAVE CHRISTIANITY FROM EXTINCTION

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with special thanks to D'Anna Lundstrom's help
with this study guide

PREFACE

Φ (PHI)

PHI – traditionally known for being the 21st letter of the Greek alphabet; symbolic of the perfect number, or what some refer to as the Divine Proportion.

PHI – for this Study Guide represents a new and not-so-secret fraternity or sorority

The founding of PHI was birthed out of a daddy-daughter bridge-jumping outing in South Florida, August 1st, 2020. It was an unlikely marriage of filthy music, a barbie raft, a rough as heck crowd mixed with God's word that set the stage for a not-so-secret fraternity or sorority to emerge.

For days before that August 1st daddy-daughter outing, I'd promised a once-in-a-lifetime *Magical Mystery Tour* to Bailey and Sydney; a silly dad thing I'd done since their childhood that never once lived up to the hype. As far as the girls were concerned, expectations were low. The tour began by car, continued by foot, then led down a secret trail far beyond the highways and byways. Our destination was a rundown metal bridge in the middle of nowhere.

I must say, throughout my lifetime I've been around rough people, and I've personally been rough, but the wild crowd of kids in their 20's we encountered upon arrival was in a league of their own. Admittedly, each older generation thinks the younger generation has slid further downhill than it did. My parents did, I do, and my children will in due time. I get it. But if the nastiness blaring through their speakers or the non-discreet extra-curriculars taking place right in front of us were any indication of the times, a massive multi-generational effort is needed to get society back on secure footing.

My gut reaction was to approach the situation with sarcasm: *“Any chance y’all could que up some tunes with a few less _____ words and _____ words and _____ words?”* To this day I remain disappointed with how close I came to taking that approach. That’s when everything turned on a dime as I mentally began to rebuke myself: *“George, what in the world were you thinking? Such hypocrisy! Had I been told 30 years ago ‘be outwardly more religious, cuss less, clean up your act, dial your radio to Christian stations only,’ no power would have existed. That’s about as absurd as tidying up a junkyard car with new tires, a paint job, and shiny trinkets without fixing the engine.”*

Reminded of what Jesus instructed *“On the outside you appear as righteous, but on the inside you are full of hypocrisy and wickedness”* (Matthew 23:28), I knew full-well, genuine change only occurs from within. That is why it’s imperative to speak to the heart: *“Above all else, guard your heart, for everything you do flows from it.”* (Proverbs 4:23)

As Bailey, Sydney and I gathered our belongings preparing to leave, a check in my sprit forced me to stay. I first had to leave something tangible from the Gospel behind. The only inroad I could think of was our Barbie raft. *“Hey! Any chance y’all want this? It’s too much trouble to deflate and take back?”* Their “yes” reply was quicker than the amount of time necessary to plan the next step. After walking down the embankment and handing over my inroad, I nervously began, *“do you believe there are certain times in life when the right thing happens at the right time and changes your life forever?”* Thankfully they replied “yes.” “Well,” I continued *“this might just be one of those times. Would it be ok if I took 5 minutes to share one such encounter I had with the Living Jesus 30 years ago that changed my life forever?”*

I told my conversion story in two minutes, leaving plenty of room to hand off the intangible *“living and enduring word of God.”* (1st Peter 1:23) I concluded with a challenge, *“Later today maybe ask yourself ‘was it a coincidence that some random man in the middle of nowhere, with a Barbie raft, encouraged me to read through the Gospel of John?’ If no, read a chapter of John’s Gospel each day asking Jesus to reveal Himself and His plan for your life to you. Since today is August 1st, you can remember to read John 1 today, for August 2nd, John 2, etc.* Within that 5-minute window, I’m convinced something germinated in the hearts of a few of those kids. I’m sure something grew in me – the beginnings of a not-so-secret fellowship named PHI.

From August 1st forward, I resolved to share the sweetness of Jesus with at least one person each week. The experience was far too exhilarating to hoard to myself. That's when the whole not-so-secret fraternity or sorority idea took off. It is corny no doubt: giving out bids to grown men and women at Bible Studies (our version of rush parties), metal sword pledge pins reminding all to forward the Good News (which is *"living and active and sharper than any two-edged sword."*) Chapter meetings to determine who is in good standing. Actives must share Christ weekly to maintain good status. Swaps with other groups to share the coolest ways in which we experienced Christ *"showing up."* We did draw the line however with Discipline Committees and Standards Boards. Seemed a little over the top. Push-ups and work parties remain on the table.

Again, it is goofy for sure, but it's got incredible traction. As it relates to this Study Guide, I'm telling you this *"PHI"* thing has legs. Never in my life have I seen Christians more energized about sharing their faith. Never in my life have I seen total strangers more receptive to God's Holy word than now. Henry David Thoreau said *"It is not enough to be busy...The question is: what are we busy about?"* A window for the Gospel's advancement has blown wide-open. I suggest your Bible Study or Small Group busy yourselves by running through it.

So, go ahead and fire up a PHI chapter of your own, have fun with it, call it whatever you like, but **without accountability it'll fade as quickly as it was founded. You'll share Christ only as much as others hold you to it.** I'm held to it every Wednesday. It would be so embarrassing to get booted out of our not-so-secret fellowship. I have no intention of finding out! Participation tops observation 100% of the time. This is way too much fun to stop. And it feels so doggone good.

PRELIMINARIES

“Life is not a spectator sport. If you’re going to spend your whole life in the grandstand just watching what goes on, in my opinion you’re wasting your life.”

—Jackie Robinson

*A signpost stands at a fork in the road.
Pointing in one direction, the sign says 'Victory'.
Pointing in another direction, the sign says 'Fulfillment'.
We must pick a direction.
Which one will we choose?
If we choose the path to victory,
the goal is to win!
We will experience the thrill of competition,
as we rush towards the finish line.
Crowds gather to cheer for us! And then it's over.
And everyone goes home.
(Hopefully we can do it again).
If we choose the path to fulfillment,
The journey will be long.
There will be times in which we must watch our step
There will be times we can stop to enjoy the view
we keep going.
we keep going.
Crowds gather to join us on the journey.*

*And when our lives are over,
those who joined us on the path to fulfillment
will keep going without us and
inspire others to join them too.*

*I believe every leader should face this signpost, make a clear choice and be open
with everyone which route they've chosen, so people can choose whether to join
them. - Simon Sinek's *The Infinite Game**

The hope and expectation for this study guide is for you to find victory **along with** fulfillment; the best of both worlds for those who hope in Christ.

Discussion Questions for PRELIMINARIES

1. Examine your life over the past ten years. Pray and petition the Holy Spirit for His help to identify areas where individualism smuggled its way in. Discuss how individualism has had a negative impact on you and those around you. What concrete action can you take to begin dismantling self-sufficiency?

2. Which of the following best applies to you?

A. I recently wrapped up a 50-hour work week only to realize just how few minutes I logged for telling my Christian story.

B. My faith could be best described as public on Sunday but private Monday through Saturday.

C. I take in far more truths about Christianity than I regularly give out.

D. Outside my immediate family, it would be easy to count the number of people I evangelized over the last month.

Initiate a roundtable-discussion of ways your faith can become more visible and your testimony more verbal.

3. Describe the genesis of your faith journey. List the handful of names who played a part passing you the baton. If most are not ordained ministers or have no seminary degree, what should that tell you?

4. Read Luke 21:33

Who are you currently passing the Word of God to? Please describe the handoff techniques you use. Remember, it is only your commission to share The Gospel. Everything else is up to The Spirit of God.

5. Read 2 Thessalonians 3:1 and Psalm 147:15

According to the CDC, heart disease is the leading cause of death in the United States. Cancer comes in a close second. If you were given a cure for either or both illnesses, would you keep it to yourself? Of course not! You would want to get it quickly to as many people as possible. Do you feel the same urgency about the Word of God—a necessity for eternal life? If you answered no, please pray and ask The Holy Spirit to cultivate a passionate enthusiasm within you to make the inerrant word of God known to as many people as possible.

6. Read Mark 6:15

Which category would you classify yourself in and why?

A. A Christian who has slowed my pace.

B. Sitting idly in the stands.

C. A Christian currently running strong.

7. Read Matthew 25:21

As believers, we all long to hear Christ say "*well done good and faithful servant.*" When you consider those words, however, what is Jesus referring to? Is He commending you on a life marked by good works or a life characterized by God's Word? How are the two related? Take several minutes to discuss.

1

ADAM

The First Runner, the First Failure

*“An athlete is not crowned unless he competes according to the rules.”
(2 Timothy 2:5)*

1. If asked *“where would God find you today,”* describe what that looks like. Be honest because The Father already knows. It's helpful for others to know as well. When you are real how does that allow your friends to live out Ecclesiastes 4:9-12?
2. If you were to mingle among *“the fringes”* as Jesus did, how would that enrich your life and perhaps the lives of others? Give examples from The Bible.
3. What's the name of a person on the fringes who keeps coming to mind? How can you go out of your way to befriend him or her before next week?
4. Read James 5:16-20. How might confessing your sins to a trusted friend lead you to a higher level of freedom?

5. If you have never written out a 2-minute testimony, do so and be prepared to share it with your group next week. Remember to include two impactful verses.

6. Read 2 Corinthians 4:7-10. Do you allow difficult circumstances to create or conquer you? Describe a time when God used a difficult situation for your good and His glory.

7. Currently, what one barrier is interfering with you running your race with endurance? After prayerful reflection and with God's help, identify some ideas you can implement to begin breaking free from those obstacles.

2

MOSES

Indeed, It Is Your Life!

“These words, which I am commanding you today, shall be on your heart. “You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.” (Deuteronomy 6:6-7)

1. Saint Augustine, an early church leader, summarized Scripture’s vastness this way: *“Though I see the depths, I can never reach the bottom.”* How have you found that to be true when reading through the Bible?
2. Moses' greatest prized possession was perspective. As believers, we must pray for vision focused on eternity. Our perception shapes our perspective and our perspective shapes our life. Are there areas you may need a shift in perspective? What practical ways can you begin to transform your outlook? Explain.
3. If a continuum were drawn with **Consumed by the Gospel** at one end and **Apathetic to the Gospel** at the other, where would those who know you best mark the X where you’d be found?

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Consumed by the Gospel

Apathetic to the Gospel

Discuss the reasoning behind your answer.

4. Read Exodus 3:11

Share one or two ways you know God is calling you out of your comfort zone?
What is holding you back?

5. Like the Israelites in the desert, identify places you have allowed self-reliance to creep into your daily life. Isaiah 30:15 says *"in repentance and rest is our salvation."* Repent and ask God to give you the grace you need to rest in His provision, not yours.

6. The Israelites often missed God's present provision because they were looking for tomorrow's manna. How do you identify with that tendency? Pray and ask The Spirit to illuminate places of unbelief that may trigger you to look towards tomorrow instead of living for today.

7. Pinpoint three efficient yet effective ways to incorporate spending time with God on days when your schedule is overwhelming.

8. Consider the quote from this chapter, *"If your goal is to win Heaven, you'll get Earth thrown in. If your goal is to win Earth, you'll get neither."* If you draped these words over the grid of your life, are there areas your goals may need to be adjusted? Specify what modifications you would make.

3

JOSHUA

This Book Shall Not Depart From Your Mouth

“Great things may come to those who wait. But only the things left by those who hustle.” —Abraham Lincoln

1. Read Joshua 1:1-3

God speaks about the future completion of his promises in the past tense.

Remembering The Lord is a Promise-keeper who goes before us, how does that affect your perception in the face of fear? Please explain.

2. Read James 1:23-25

Earnestly looking at the pattern of your life, would you describe yourself as more of a doer or hearer of God's Word? Identify areas where you need to make a shift from passivity to participation.

3. Consider the three disciplines gathered from The Book of Joshua:

A. Immerse yourself in God's word

B. Give and take

C. Conquest by multiplication

Where are you in terms of growth in each of those categories? Discuss your answer.

4. Taking into account the concept of giving and receiving as illustrated by *The Sea of Galilee* and *The Dead Sea*, do you see yourself as more of a giver or a taker? Describe how your life may look different if you brought these two disciplines into balance?

5. God waited on Joshua and the priests to take the first step before giving them the go-ahead to cross the Jordan River. Are there circumstances in your life that God may be waiting to see ripples in the river that is presently hindering your race? Pray for the ears to hear, the eyes to see, and the encouragement to act on what The Spirit of God shows you.

6. Did you identify anything in this chapter from Joshua's race that inspires you to make any changes in your life? Please elaborate.

7. Consider the younger people around you. Who is mentoring them? The World or The Word? It is never too late for you to influence someone's eternal destination when you invite God to be your Guide.

4

DAVID

The Paper Chase

*“He gave His instructions to Israel. He commanded our ancestors to teach them to their children, so the next generation might know them—even the children not yet born—and they in turn will teach their own children. So each generation should set its hope anew on God.”
(Psalm 78:5-7)*

1. Consider David's life. He was a man of many mistakes, yet known as a man after God's own heart. What is it about his story that solidifies your resolve to endure another day?
2. Read Psalm 78:5-7
What intentional steps are you taking to hand off the most significant gift believers have ever known? Be encouraged; it is never too late to begin creating a legacy of faith.
3. Identify a time when brokenness invited usefulness into your life. What impact did it have on you then and now?
4. Are you prone to hide your brokenness? If so, what do you think is hindering you from experiencing the benefit of authentic connection? Please explore and explain.

5. Are you comfortable "*walking with a limp*" for the World to see? If so, define how authenticity has transformed your life and influence as a minister of Christ's message.

6. In moments of affliction, our thirst to sit at the feet of our Father only intensifies. How have trials been a means of grace in your life?

7. If we are not challenged, we will not change. Look over the landscape of your life and recount how disruption has transformed your walk with Jesus.

8. Read 2 Corinthians 1:3-4

Detail a time when you shared a painful experience as a tool to console someone God placed in your path. What was the result?

9. David, like us, was not without sin or the struggles they bring into our lives. But God, He used David, just like He can use you and me. Are you open to allowing God's glory to shine through your weakness? What ways will you begin to show up for duty? Pray, listen, learn, and consider yourself sent.

10. Read 1 Kings 2:2-3

From the posture of a child hearing from your Father in Heaven, how does David's legacy letter to his son impact you? Please summarize.

5

JOSIAH

What Went So Terribly Wrong?

“Knowing the time . . . now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand.” —Paul (Romans 13:11)

1. What lessons can we learn from Josiah about advancing The Word of God? Please explain.
2. Considering your body is a temple, in frequent need of restoration, relate how you continually experience renewal and why it is necessary to be an effective steward of God's call on your life.
3. Re-read the three levels of reform Josiah went through.

REFORM #1. Josiah's heart was *“tender,”* not hardened or stiff, and was therefore easily penetrable upon first hearing *“the words of the Law.”*

REFORM #2. Josiah was quick to blame his forefathers for their negligence, and rightly so, but he didn't get bogged down bemoaning their wrongs. Instead, his primary objective was what **he** the King needed to do about it: *“Go, inquire of the Lord for me...”*

REFORM #3. The awakenings in Josiah were entirely authentic as evidenced by the Lord who "*knows the hearts of all men.*" (1st Kings 8:39) "*Because your heart was tender and you humbled yourself before God when you heard His words against this place and against its inhabitants, and because you humbled yourself before Me, tore your clothes and wept before Me, I truly have heard you,*" declares the Lord." (2nd Chronicles 34:27)

Do you sense God may be calling you to pay particular attention to any of these areas? If so, reveal what all you have learned.

4. Read 2 Chronicles 34:27

A humbled and repentant heart is an available heart. Reflect on your posture before God. Are there any areas you can identify that a lack of humility may be hindering your walk with your Lord?

5. Looking back, when do you feel you first took ownership of your faith? What caused that transition to come about?

6. Josiah awakened a sleeping world to the Holy Scriptures. As a believer, what bold and intentional steps are you taking to influence the "*sleepers*" in your sphere of influence?

7. Reflect on the implications of generational sin. Call out to the Spirit of the Lord to make evident any generational sin that may be present in your life and what modifications you can make to end the cycle.

8. How does worshiping in community, or more specifically "*in person*" impact your faith?

6

JESUS

The Words You Placed in My Hands, I Have Placed in their Hands

“The one who listens to you listens to Me, and the one who rejects you rejects Me; and he who rejects Me rejects the One who sent Me.” (Luke 10:16)

1. How would you explain someone like Napoleon to **saying** the following about Christ but refusing to **submit** to Christ? *“I know men, and I tell you, Christ was not a man. Everything about Christ astonishes me. His spirit overwhelms and confounds me. There is no comparison between Him and any other being. He stands single and alone.”*
2. Jesus did not defend Himself to Pilate, and we are the beneficiaries of His decision. The World often equates silence with weakness, but what can believers learn from Jesus about silence as a strength? Helpful verses - Proverbs 10:19; Proverbs 26:4
3. In what ways have you become too familiar or casual with the crucifixion narrative or the cross?

4. Being comfortable is not an agent of change, especially in the context of sharing The Gospel. How much does your comfort level block your transition from a disciple to an apostle? Remember, because of what Jesus did for you; honest answers are affordable.

5. Read Mark 13:31

What are the first three things that come to mind that you cannot live without? God already knows your heart, so you are free to answer honestly without shame or condemnation. How many of the three things you thought of will last forever? If God's Law was not instinctively one of your answers, do not be ashamed. Pray and ask Jesus to place an insatiable thirst within you for more of Him and less of the World. He is faithful to honor the requests of a sincere heart.

6. To date, describe the most life-changing experience you have had while on a Christ-centered mission.

7. Have you been invited on a short-term mission trip but declined to go? What is holding you back? Search your heart and lay your honest answers before Christ Jesus our Lord. Ask Him to establish opportunities according to His purpose and give you the courage to accept His invitation.

8. If your race had a tag line, would it read, "*running towards earthly trinkets*" or "*running towards eternal treasures*?" What do you think is at the root of the struggle between the two?

7

JOHN

The Apostle of the Word

“The Bible is alive, it speaks to me; it has feet, it runs after me; it has hands, it lays hold of me.” — Martin Luther

1. Read 1 John 1:9 and Psalm 139:23-24

Take a sincere look at your life today. Are there any unconfessed sins preventing you from becoming the man or woman God created you to be? Consider repenting and permit yourself to step into the shelter of The Most High.

2. Read James 5:16

Confessing sins to a trusted friend will lift the gravity born from burdens you were not created to carry. God designed you for community, not captivity. Identify two trusted friends who are qualified to hold your pain. Let them know how you feel and commit to being that friend to them as well.

3. Read John 19:30

Some of Jesus' final words recorded by John were, *"It is finished."* Do you find it challenging to accept what Jesus said without feeling responsible for adding your efforts, too? If so, what is driving that Jesus plus me mentality? Take time for prayer and self-reflection before answering.

4. Read James 1:22-25

We listen with our heads but hear with our hearts. Describe the safeguards you have in place to ensure you are not merely listening to but are also hearing God's word.

5. Read John 10:3-5 and John 10:27

Share about a time you experienced hearing from God. Be as descriptive as possible.

6. God's past faithfulness is an antidote for seasons of silence. Discuss a specific time when your Heavenly Father's previous devotion sustained you through stretches of seemingly unending static or silence.

7. Was there a particular revelation from this chapter that stood out to you that you would like to apply?

8

PETER

On Your Mark, GO! Get Set

“How you start is important, very important, but in the end, it is how you finish that counts. It is easier to be a self-starter than a self-finisher. The victor in the race is not the one who dashes off swiftest but the one who leads at the finish. In the race for success, speed is less important than stamina. The sticker outlasts the sprinter in life’s race.” —B. C. Forbes

1. Western novelist Stephen Bly says that in the days of America’s Old West, there were two types of friends: runners and standers. At the first sign of trouble, the runner would bolt—abandoning you to whatever peril you were facing. But a stander would stick with you no matter the circumstances. Unfortunately, you wouldn’t know which kind of friend you had until trouble came. And then it was too late—unless your friend was a stander. — *OurDailyBread.com*

The best thing you can do this month is to list three standers, then commit to call, text or email each to say how meaningful it was to have him/her stick by your side.

2. Looking back over Peter's discipleship, is there a theme that will increase your confidence when sharing The Gospel?

3. Read Proverbs 3:6, Psalm 119:105

Peter's propensity to be impulsive was a hurdle he continually had to overcome. Talk about a time when an abrupt action caused you to stumble.

4. Read 1 John 2:15

What are the consequences of setting one's affections on earthly things?

5. Read James 1:6

Can you recall a time in your life that evidence of doubt revealed itself? What steps did you take to address it?

6. Read 1 Peter 5:8-9, 1 Peter 5: 12

Discuss a time when you stood firm in the face of Gospel opposition?

7. Read Proverbs 24:16

Discouragement can be an element of sanctification. Describe a situation when you found yourself hopeless. How did Jesus engage you where you were?

8. Read Isaiah 14:27

God's plans will not be derailed, even in the face of our perceived failure. How does this reality affect the way you live your life?

9

PAUL

God's Power Perfected through Our Weakness

“No man who really is a man ever cared for the easy task. There is no enjoyment in the game that is easily won. It is that in which you have to strain every muscle and sinew to achieve victory that provides real joy.”
—Eric Liddell

1. Read 2 Corinthians 12:9-10

As seen in Paul's life, weakness is a means of grace and fertile soil for The King of Kings to accomplish His plans. Recount a time when God used a difficult season in your life for your good.

2. What *"thorns"* are you living with today? How do they impact the way you evangelize?

3. Read Proverbs 10:19

Consider this; silence often knows more of Him than speech. Are these two things in balance in your life? How does listening more than speaking impact your relationships?

4. Read 1 Corinthians 1:26-27

Describe a person you know, who, against all the odds, has lived out the Gospel message in a way that you see Jesus in them.

5. Read Isaiah 55:11

Our wounds cultivate the wisdom of God. Although they are painful, they collectively tell a story—a hard, but healing story. You are the messenger, but God writes the message. Have you given Him the pen? Pray, listen, and record what The Spirit of the Lord reveals to you.

6. Discuss a time that someone's testimony impacted your life. What made it powerful?

7. 1 Corinthians 2:1-5

How do these verses free you to go and share your faith without hesitation?

8. What changes can you begin making today to transition from the bleachers to the track as a preacher of hope that can be found in Christ Jesus? Pray, listen, and Go!

10

HEBREWS

Hitting the Wall

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”

—Booker T. Washington

1. Read Hebrews 4:16

What is the throne of grace, and how did Jesus make it possible for us to draw near with confidence?

2. Busyness is one of many stumbling blocks that sabotage self-reflection. It is necessary to pause frequently and ask, what am I running to, and what am I running from? How would you answer? Take time to pray and reflect before responding. Remember, because of the cross, you can afford a genuine answer.

3. Describe a time you *"hit a wall"* spiritually. How did God provide for you during that time?

4. Read 1 Peter 4:12

What impact does Peter's warning to expect trials have on the way a believer endures suffering?

5. Describe a time you were forced to be still. How did Jesus meet you in that time of rest?

6. To date, what has been the most impactful way Christ has displayed His faithfulness in your life?

7. What are some of the common denominators of every person in the bible discussed in this book? How does that affect your resolve to finish your race strong?

8. The author of Hebrews identified with hitting walls, suffering, endurance, and the power of a cheering crowd. Why is it important to surround yourself with supporters who are acquainted with grief when you are struggling?

PODIUM

Forgetting What Lies Behind and Reaching for What Lies Ahead

“In the dust of defeat as well as the laurels of victory there is a glory to be found if one has done his best.” —Eric Liddell

1. Read Ephesians 3:20

Is there an area where you are setting your ambitions too low when you have a good and right desire for abundantly more? What is preventing you from stepping into immeasurably more?

2. Spend a couple of days paying attention to how you talk to yourself:

* What condemning comments are you allowing to entangle your mind?

* Write down the self-talk you discovered and pray that Jesus would help you become a better manager of your internal dialogue.

* What is one step you can implement today to begin correcting the silent but suffocating self-criticism?

3. Describe a person you know who authentically bares their burdens and shares their struggles with freedom absent of fear. What is it that you think makes this person so magnetic to others? What lessons have you learned from their transparency?

4. Read 1st Timothy 4:7-15

Meditate on these verses. Describe ways you train yourself to be a faithful servant on behalf of Christ.

5. Paul's faith journey in one word: "*forward*." What would be the singular word that best describes your faith journey? Please explain.

6. When you are actively propelling the Word of God forward, expect resistance from a jealous enemy who aggressively defends his territory. What strategies do you use to continue pressing on unhindered by his attempts to disrupt you from passing off the baton?

7. What have been your biggest takeaways from The Relay? Have you made any changes in your life based on the applications you learned? Please share your experience.