



Purley Baptist Church

First Running Buddy meet up Guide

Greetings, this is your (hopefully) helpful guide to your first meeting together in the particular arrangement you have come to as the two, three or four of you.

The purpose of spiritual Running Buddies is to provide the regular encouragement, pacing and motivation we all need as we run the race laid out before us by Christ Jesus (Heb. 12:1-2)

There are 4 keys to Running Buddies. They are...

1) Intentional: They have a clear purpose and aim (Phil 3:12-14)

2) Accountable: They are relationships built on openness and honesty in an intimate setting (Heb. 12:1).

3) Places to be Challenged: Alongside sharing openly there has to be an element of challenging each other to towards holy living (1 Corinthians 9:24-27)

4) Places of Encouragement: They are a place where people are encouraged to live out the Great Command and the Great Commission. (Heb. 10:24)

In this first meet up together, it will be helpful to:

- Get to know each other a little bit
- Decide if this is something you'd like to do again and, if so, how regularly (fortnightly - monthly - or just meeting by meeting, etc)
- Focus on the Lord, and above all else have some time of fellowship and encouragement

Where to begin

- Pray that the Lord will guide you and bless your time together.
- To start with you might like to share the story of your journey of faith so far, how it began, and how you got to where you are now – try to keep it to five minutes or so in length.
- Take time to discuss if there is something in particular you'd like to address in these meet ups together,

and/or answer the questions:

1. Who are you? (What makes you you, and what's it like being you)
2. Where are you? (The different life situations you find yourself in)

3. Where are you going? (What does the future hold for you, what plans you have)

- End in prayer

Here are some additional good discipleship questions from Floyd & Sally Mcclung (<http://floydandsally.com/blog/2012/06/01/discipleship-is-intentional-relationship>) that you may want to ask each other:

- What is God saying to you these days?
- If you could do anything you long to do, what would it be?
- What do you do that is most life giving to you?
- How would you describe your times alone with God?
- Describe your personality & spiritual gifts.
- If you could have anything your heart desires from God, what would it be? For example, if God gave you a blank piece of paper and he signed it and said, "Fill it in... 'I will give you anything you want' ", what would you write on that paper?
- Where would you like to be in your relationship with the Lord a year from now?
- What are your spiritual growth goals? How can I assist you in achieving those goals?

Tips

- At the end of each meeting know when you are meeting next and that it is in both of your diaries
- Know that spending time together in fellowship and wanting to grow in maturity is a valuable thing, no matter what that looks like.
- Do not be discouraged if it is challenging or awkward to start with
- Enjoy your time together!

Recommended resources for your time together:

- Don Carson, Basics for believers
- John Stott & Tim Chester, The Disciple: A Calling to be Christ like.
- Kevin DeYoung, Just Do Something: A Liberating Approach to Finding God's Will
- John Ortberg, Soul Keeping
- John Mark Comer, The Ruthless Elimination of Hurry
- Mark Comer & Jefferson Bethke, Fight Hustle, End Hurry podcast: <https://podcasts.apple.com/gb/podcast/fight-hustle-end-hurry/id1480300467>