



## TALKING WITH GOD ON ACONCAGUA

with Sean Knox

### ▶ FOCUS VERSES

I lift up my eyes to the mountains— where does my help come from?  
My help comes from the Lord, the Maker of heaven and earth.  
Psalm 121:1-2

### ▶ DISCUSSION

- 1. What's the hardest thing you've ever done because you wanted to, not because you had to?**
  - a. Why did you decide to pursue that goal?
  - b. What did you learn from it?
- 2. Would you call yourself a “thrill-seeker”?**
  - a. If so, what sorts of things have you done in pursuit of those thrills?
  - b. How have other people reacted to it?
- 3. Describe the environments or circumstances in which you find yourself most likely to take time to pray, or when prayer means the most to you.**
- 4. Sean says he's seen marriages crumble because one of them got so into triathlons that they were neglecting important aspects of their lives and relationships.**
  - a. Did that resonate with you at all?



b. Have you ever pursued a goal so aggressively or obsessively that it damaged a relationship with someone who was important to you?

c. Did you ever make amends with that person?

**5. Did your father (or mother and father, if both of your parents worked outside the home) maintain a good work-life balance? (See *Matthew 6:33.*)**

a. Did you feel like they stayed involved and invested in your life, or did you often feel like they were focusing too much on work or business at the expense of family?

b. How has that influenced the way you live and communicate now?

**6. Sean remembers his father telling him and his brother, “I give you permission to fail.”**

a. Is that the kind of attitude your father took toward you, or was he a perfectionist, someone who didn’t tolerate mistakes?

b. How has that affected you over the course of your life?

**7. Of all the roles you play or pursuits you’re involved in, which ones cause you to be the hardest on yourself?**

a. Does that line up with Sean’s statement that he’s hardest on himself with the things he’s most passionate about?

b. Does this self-doubt ever take a toll on you?

**8. What sorts of things do you do to fight those voices of self-doubt and self-criticism? (See *2 Corinthians 10:5.*)**

a. Are those things effective?

