



An Anchorman Shares the Good News

with Jason Dennis

DISCUSSION

1. In his prayer time, Jason says he tells God “just use me” on a regular basis. In your career or other activities, what do you feel like God could use you for today? *Galatians 2:20*
2. When you feel like you’re struggling with your sense of identity or outside forces pulling you away from being your authentic self, do you ever ask God for strength or guidance? If so, how has God responded? *Psalms 139:14*
3. Is working out a solo activity for you, or is it one you enjoy more when you’re with friends? Do you ever engage in deep spiritual discussions while exercising, whether it’s with your workout partners, with yourself, or with God? What sorts of things do you discuss, and have you ever had an important spiritual discovery or epiphany during those conversations? *1 Corinthians 10:31*
4. Would you describe yourself as a student of your spouse/partner? What are some things you do to learn more about them or stay mindful of how they’re changing? What’s something important you’ve learned about them in the past few months, and how has that changed the way you relate to one another?

5. Discuss the question Nate asks Jason midway through the podcast: If someone asked you to describe the things you love most about your spouse/partner, what would you tell them?
6. Jason describes redemption as “breaking off chains,” especially the invisible ones we avoid talking about. What’s one chain in particular you’d really like to be able to throw off right now, but haven’t been able to? What about this particular chain has made it so hard to shed? How have you enlisted God’s help in breaking free of it? *Hebrews 9:15*
7. Jason says fairness is very important to him, and sometimes that leads him to get overly fixated on situations where someone hasn’t been held to account for their bad actions. Is there a situation like that in your own life that you’ve been holding on to, to the point where it’s distracted you from things that are even more immediate or important? How willing are you to set that issue aside and trust that God will handle it and make things right? *Romans 12:19*
8. When being open and vulnerable with your spouse, partner, or male friends, Jason advises that you shouldn’t just be open about your failings or struggles—be open in talking about the good stuff too. What’s something in your life right now that maybe you haven’t been giving yourself enough credit for, and haven’t talked much about with the people you’re close to? Why have you been reluctant to talk about it? Can you commit to mentioning it to your spouse/partner/friends sometime in the next week? *Romans 12:15a*

ADDITIONAL RESOURCES

- Jason’s bio on the WTVM website
<https://www.wtvm.com/authors/jason-dennis/>
- Jason’s podcast about faith and fitness
Run the Race (available on Apple podcasts)