



Running Your Own Race at Your Own Pace | Lessons from a 200-Mile Runner

with Pierce Showe

DISCUSSION

1. “I was never the most talented athlete,” Pierce admits, “but I worked really hard. You can out-work talent.” Have you ever competed — athletically or otherwise — against someone more naturally gifted, yet you matched or even surpassed them because you were willing to work harder? On the flip side, have you ever approached an important task or competition with an arrogant attitude, only to be humbled by someone’s stronger work ethic? What did that experience teach you? *Colossians 3:23*
2. What’s the most impressive physical feat you’ve ever achieved — a long distance run, a heavy weight lifted, a milestone reached? What steps or disciplines helped you achieve that goal? Along the way, did you ever feel like you hit a wall and couldn’t go any further? If so, how did you push through?
3. Think of a person in your life whom you’re finding hard to forgive. What is standing between you and forgiveness? Now think of some of the ways forgiveness has recently been extended to you — does this change your perspective on the need to forgive others? *Colossians 3:13*
4. Do you practice “segmentation” when faced with big tasks in your own life? Are there any major tasks or responsibilities you’re currently facing that seem daunting and monolithic? How might you break those tasks down into smaller “segments” that would make them easier to accomplish? *Proverbs 16:3*

5. Have you ever been on the verge of making a rash decision — maybe even ready to quit or give up — but decided to “sleep on it” and woke up with a different perspective? How did you feel before and after that much-needed rest? What changed about the decision or problem once you saw it in the light of a new day?

6. Have you ever experienced a shift in your life that involved spending less time with an existing group of friends or colleagues and more time with a group of new ones? How did your own priorities, behaviors, or attitudes shift as you transitioned to a different social group? Did you leave behind any unhealthy practices that had been influenced by the old group? *Proverbs 13:20*

7. Think back on your single days — or, if you’re currently single, reflect on the present. Have you spent a significant amount of time justifying or rationalizing dating people who didn’t excite or fulfill you? Why did you feel the need to make those dates, or those people, sound better than they actually were? *Proverbs 4:23*

8. If you’re currently in a committed relationship, how long did you spend being single before meeting that person, and how did you find your way to them? Did you meet them through intentional pursuit — such as a dating app, mutual friends, or a church connection — or did your paths cross unexpectedly? Were there any points throughout your singleness where you nearly made a decision that, in hindsight, would’ve prevented you from meeting the person you’re currently committed to?