## STUDY GUIDE

## FIVE SESSIONS



THE COURAGE YOU NEED TO LIVE THE LIFE GOD WANTS FOR YOU


# THE THREE MILE WALK <br> Study Guide | Five Sessions 

# BANNING LIEBSCHER <br> with Beth Graybill 

## THE THREE-MILE WALK

Study Guide I Five Sessions

CLAIMING THE COURAGE TO LIVE YOUR GOD-GIVEN CALLING

## The Three-Mile Walk Study Guide

© 2020 Banning Liebscher
This title is also available as a Zondervan ebook. Visit www.zondervan.com/ebooks.
Requests for information should be addressed to: 3900 Sparks Dr. SE, Grand Rapids, Michigan, 49546.

ISBN 978-O-310-12055-1 (softcover)
ISBN 978-0-310-12056-8 (ebook)
Scripture quotations, unless otherwise noted, taken from The Holy Bible, New International Version ${ }^{\oplus}$, NIV ${ }^{\oplus}$. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc. ${ }^{\circledR}$ Used by permission of Zondervan. All rights reserved worldwide. www.Zondervan.com. The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc. ${ }^{\text {. }}$

Scripture quotations marked NASB are taken from the New American Standard Bible ${ }^{\circ}$. Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. (www.Lockman.org).

Scripture quotations marked NKJV are taken from the New King James Version ${ }^{\oplus}$. © 1982 by Thomas Nelson. Used by permission. All rights reserved.

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means-electronic, mechanical, photocopy, recording, scanning, or other-except for brief quotations in critical reviews or articles, without the prior written permission of the publisher

Any internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

## Contents

Introduction. ..... vii
How to Use This Guide ..... ix
Session 1: Awakened to the Call ..... 1
Session 2: Call to Holiness ..... 25
Session 3: Call to Courage ..... 47
Session 4: Call to Faith. ..... 69
Session 5: Engaging the Call ..... 93
Epilogue ..... 115
Leader's Guide ..... 117

## Introduction

Welcome to The Three-Mile Walk Study Guide experience. Over the course of five teaching sessions in this study, we're going to draw a few important lessons from the life of Jonathan and his ar-mor-bearer found in 1 Samuel 14. We will see how their three-mile journey through the Valley of Mikmash—a treacherous canyon trail between two military camps-carries a profound metaphor for followers of Jesus today. Although the two young soldiers were embroiled in a seemingly losing battle with the Philistines while the rest of their hopeless comrades were camped out under a tree, they had the courage to fight the enemy and believe God would back them up. But they had to be willing to traverse the treacherous terrain before they could step into battle and see God bring about the impossible victory.

Here's the reason why I think this story is a story for all of us. Like the Israelite army in 1 Samuel 14, many believers in the church today are "hopelessly camped out" and not engaging the call of God on their lives. And yet, God is still awakening dreamers like Jonathan and his armor-bearer-men and women who are discontented with the idea of remaining hopeless under a tree. These dreamers are tired of staying passive about the problems they see, and they sense God stirring something in their hearts. The courage
of these dreamers reminds us that God calls us to be like Jesusto overcome evil with good and do the impossible as we seek his kingdom here on earth. The question for all of us who identify as dreamers is whether we will open our hearts to dream with God. Are we willing to become filled with the same divine discontent and engage in pursuing God's call on our lives with a bold "yes"? This kind of "yes" communicates that we are willing to take full ownership of this calling and refuse to settle for anything less.

But once we decide to engage our calling, we still have a journey ahead of us. And three important milestones lie along the journey. In fact, Jonathan's three-mile journey represented these three key areas of character transformation required to fulfill our calling: holiness, courage, and faith. My hope in this study is to bring a fresh perspective, timeless insight, and practical instruction for growing in each one of these areas. I'm excited we're on this journey together. Let's get started.
-Banning Liebscher

## How to Use This Guide

The Three-Mile Walk video study is designed to be experienced in a group setting such as a Bible study, Sunday school class, or any small group gathering. Each session begins with a welcome section, several questions to get you thinking about the topic, and a reading from the Bible. You will then watch a video with Banning Liebscher and engage in some small-group discussion. You will close each session with a time of personal reflection and prayer as a group.

Each person in the group should have his or her own copy of this study guide. You are also encouraged to have a copy of The Three-Mile Walk book, as reading the book alongside the curriculum will provide you with deeper insights and make the journey more meaningful, especially for your professional context. (See the "For Next Week" section at the end of each between-studies section for the chapters in the book that correspond to material you and your group are discussing.)

To get the most out of your group experience, keep the following points in mind. First, the real growth in this study will happen during your small-group time. This is where you will process the content of the teaching for the week, ask questions, and learn from others as you hear what God is doing in their lives. For this reason, it is important for you to be fully committed to the group
and attend each session so you can build trust and rapport with the other members. If you choose to only go through the motions, or if you refrain from participating, there is a lesser chance you will find what you're looking for during this study.

Second, remember the goal of your small group is to serve as a place where people can share, learn about God, and build intimacy and friendship. For this reason, seek to make your group a safe place. This means being honest about your thoughts and feelings and listening carefully to everyone else's opinion. (If you are a group leader, there are additional instructions and resources in the back of the book for leading a productive discussion group.)

Third, resist the temptation to fix a problem someone might be having or to correct his or her theology, as that's not the purpose of your small-group time. Also, keep everything your group shares confidential. This will foster a rewarding sense of community in your group and create a place where people can heal, be challenged, and grow spiritually.

Following your group time, reflect on the material you've covered by engaging in any or all between-sessions activities. For each session, you may wish to complete the personal study all in one sitting or spread it out over a few days (for example, working on it a half-hour a day on different days that week). Note that if you are unable to finish (or even start!) your between-sessions personal study, you should still attend the group study video session. You are still wanted and welcome at the group even if you don't have your "homework" done.

Keep in mind the videos, discussion questions, and activities are simply meant to kick-start your imagination so that you are not only open to what God wants you to hear but also how to apply it to your life. As you go through this study, be watching for what God is saying to you as you take steps forward on the journey of claiming the courage to live your God-given calling.

## 

Note: If you are a group leader, there are additional resources provided in the back of this guide to help you lead your group members through the study.

# AWAKENED TO THE CALL 

PAY ATTENTION TO THE<br>THINGS THAT MOVE YOU<br>BECAUSE THEY REVEAL THE<br>THINGS IN YOUR HEART.

-Banning Liebscher


## WELCOME

Do you remember dreaming as a kid about who or what you wanted to be when you grew up? I actually get a kick out of remembering all of the different things my eight-year-old-self wanted for my forty-year-old-self: to be a police officer like my dad, or a baseball player, or a sports broadcaster. And one of my favorite things about the journey of parenting was listening to my kids do the same when they were little. Ellie was convinced she was going to play in the WNBA, Raya wanted to be an astronaut, and my son, Lake, loves basketball and playing video games.

As we grow older, the dreams of our childhood start to take a different shape as they are influenced by our experience of the world around us. I'm sure most of us remember a few naysayers who said we couldn't be the astronaut or biologist or athlete we wanted to be, and the cheerleaders who encouraged even the slightest pursuit of an interest (the kind of people who thought the chess club flyer they found in your backpack meant you were going to be the next world champion of chess). But let's not forget that our dreams have also been influenced by our experience of God, who has been patiently pursuing every opportunity to awaken our hearts to his dreams for us and his call on our lives.

Can you recall moments where your heart was awakened by God and moved by his desires or dreams for your life? I can think of several moments in my life when that happened, like reading powerful biographies as a seventeen-year-old, or listening to certain preachers in my late teens, and having words spoken over me in my early twenties from others who were seeing and sensing God's call on my life. At the time, I didn't have words for those experiences, I just knew something had awakened in me-something I could not ignore. Almost two decades after those defining moments in my
life, I'm convinced that what matters more than the moments of being awakened to God's dreams for our lives, is what we actually do with those dreams. This is what changes the trajectory of our lives. But how do we know what to do?

Jonathan, the son of King Saul, and his armor-bearer give us a healthy example in 1 Samuel of what it looks like to thoughtfully engage God's call on our lives by owning the call, dreaming of the call, counting the cost of the call, and moving forward with the call. Jonathan and his armor-bearer refuse to settle for anything less than who God wants them to be and what he wants them to do. My hope is that this session, inspired by Jonathan's story, encourages you to live your best life by fully engaging God's call on your life. It's time for you to stand up and move toward changing the world by stepping out on your three-mile walk, even when it seems like everything is at stake. Are you with me?

## SHARE

If you or any of your group members are just getting to know one another, take a few minutes to introduce yourselves. Then, to kick things off, discuss one of the following questions:

- How have you experienced a defining moment that changed the trajectory of your life?
- or -
- When was the last time you sensed God was awakening something inside of you?


## READ

Invite someone to read aloud the following passage. Listen for fresh insights as you hear the verses being read, and then discuss
the questions that follow. We're starting with the backstory in 1 Samuel 13, so we understand the context of Jonathan's threemile walk in 1 Samuel 14.

## The Backstory

Saul was thirty years old when he became king, and he reigned over Israel forty-two years. Saul chose three thousand men from Israel; two thousand were with him at Mikmash and in the hill country of Bethel, and a thousand were with Jonathan at Gibeah in Benjamin. The rest of the men he sent back to their homes. Jonathan attacked the Philistine outpost at Geba, and the Philistines heard about it. Then Saul had the trumpet blown throughout the land and said, "Let the Hebrews hear!" So all Israel heard the news: "Saul has attacked the Philistine outpost, and now Israel has become obnoxious to the Philistines." And the people were summoned to join Saul at Gilgal. The Philistines assembled to fight Israel, with three thousand chariots, six thousand charioteers, and soldiers as numerous as the sand on the seashore. They went up and camped at Mikmash, east of Beth Aven. When the Israelites saw that their situation was critical and that their army was hard pressed, they hid in caves and thickets, among the rocks, and in pits and cisterns. Some Hebrews even crossed the Jordan to the land of Gad and Gilead. Saul remained at Gilgal, and all the troops with him were quaking with fear. He waited seven days, the time set by Samuel; but Samuel did not come to Gilgal, and Saul's men began to scatter. So he said, "Bring me the burnt offering and the fellowship offerings." And Saul offered up the burnt offering. Just as he
finished making the offering, Samuel arrived, and Saul went out to greet him. "What have you done?" asked Samuel. Saul replied, "When I saw that the men were scattering, and that you did not come at the set time, and that the Philistines were assembling at Mikmash, I thought, 'Now the Philistines will come down against me at Gilgal, and I have not sought the Lord's favor.' So I felt compelled to offer the burnt offering." "You have done a foolish thing," Samuel said. "You have not kept the command the LORD your God gave you; if you had, he would have established your kingdom over Israel for all time. But now your kingdom will not endure; the LORD has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the LORD's command." Then Samuel left Gilgal and went up to Gibeah in Benjamin, and Saul counted the men who were with him. They numbered about six hundred. Saul and his son Jonathan and the men with them were staying in Gibeah in Benjamin, while the Philistines camped at Mikmash. Raiding parties went out from the Philistine camp in three detachments. One turned toward Ophrah in the vicinity of Shual, another toward Beth Horon, and the third toward the borderland overlooking the Valley of Zeboyim facing the wilderness. Not a blacksmith could be found in the whole land of Israel, because the Philistines had said, "Otherwise the Hebrews will make swords or spears!" So all Israel went down to the Philistines to have their plow points, mattocks, axes and sickles sharpened. The price was two-thirds of a shekel for sharpening plow points and mattocks, and a third of a shekel for sharpening forks and axes and for repointing goads. So on the day of the battle not a soldier with Saul and Jonathan had a
sword or spear in his hand; only Saul and his son Jonathan had them. Now a detachment of Philistines had gone out to the pass at Mikmash. ( Samuel 13)

What do you notice in this passage? Name one key insight.

Imagine you are Saul or Jonathan. What would be going through your mind in this moment?

## WATCH

Play the video for session one. As you watch, use the following outline to record any thoughts or concepts that stand out to you.

## Notes

## Defining Moments

Every believer has a call on their life:

1. The call to be someone.
2. The call to do something.

Get off the sideline: be fully engaged.

The three-mile walk: Jonathan and his armor-bearer.
"Do all that you have in mind," his armor-bearer said. "Go ahead; I am with you heart and soul." ( 1 Samuel 14:7)

## God Is Awakening You with Dreams in Your Heart

Knowing those dreams.
Engaging in those dreams.
Moving forward.
God calls us to do the impossible.

Childlike ability to dream.
Jonathan and his armor-bearer.
". . . Nothing can hinder the LORD from saving, whether by many or by few." ( T Samuel 14:6)

## With God All Things Are Possible

Jesus looked at them and said, "With man this is impossible, but with God all things are possible." (Matthew 19:26)

Start dreaming again. Who is God calling you to be?

God's invitation: the three-mile walk.

## DISCUSS

Take a few minutes with your group members to discuss what you just watched and explore these concepts in Scripture.

1. How are you actively engaging in the dreams God has placed on your heart?
2. Has there ever been a time when you shut down your dreams because of disappointment or because they seemed impossible?
3. Read 1 Samuel 14:1-7. Jonathan and his armor-bearer had to take a treacherous three-mile walk to follow God. Yet not all journeys with God are treacherous. How would you describe the "three-mile walk" God wants you to take with him?
4. Who is God calling you to be? What is God calling you to do?
5. Are there a few experiences, thoughts, or feelings in your life lately that point to the idea that God is trying to awaken something in you right now?

## VALLEY OF MIKMASH

(Also known as Michmash, Machmas, Micmas, and Mukhmas)

The Arab village of Mukhmas preserves the name of the biblical city of Michmash. The town sat next to "the pass" mentioned twice in Scripture and apparently served to keep an eye on this important route. Michmash was settled throughout the period of the monarchy, as it was mentioned in the account of Saul and Jonathan and later in a prophecy of Isaiah. Michmash was near the border between Benjamin and Ephraim, and thus near the border of the northern and southern kingdoms, probably belonging to Israel most of the time. The hill country is deeply cut by deep canyons (wadis) that run east-west. These significantly restrict traffic to the ridges above the wadis, making passage north-south difficult except on the central watershed ridge. Consequently, this route is noted in Scripture on several occasions. The pass is also mentioned in connection with Jonathan's attack on the Philistines (1 Sam. 14). Saul's son surprised the Philistine garrison by not coming across the pass, but instead going around and climbing up and down steep cliffs. These cliffs were named Seneh and Bozez. When the Philistines saw Jonathan and his ar-mor-bearer climbing up, they called to them to continue, thus signaling to Jonathan that God was with them. Jonathan's defeat of this contingent led to a national victory that day. (https://www.bibleplaces.com/michmash/)
6. Read Matthew 19:16-30. What invitation(s) did Jesus extend to the young man and to his own disciples? How does this passage influence your perspective on God's call to you?

## RESPOND

Briefly review the outline for the video teaching and any notes you took. In the space below, write down the most significant point you took away from this session.

Is there a specific action step you can take this week to move toward the dream or desire God is inviting you into right now?

## PRAY

Close your time together by praying for each other. Pray that God would give you clarity on what it looks like to pursue his dreams, his desires, and his vision for your life. And if you already have
that clarity, ask God for the wisdom and courage to keep moving forward on your journey from a healthy place. Write down any specific prayer requests in the space below so you can remember to continue praying throughout the week.


## 1

## SESSION

Maybe you're sitting here with your study guide thinking, "This is a great story, Banning, but I'm not Jonathan and my life looks way different than this ancient guy and his armor-bearer." You're right. You're not Jonathan. You are you. But I still think you can learn a few powerful lessons about the way Jonathan responded to God-lessons that will make a difference in the way you pursue your dreams and desires too. And I believe the work you do here as an individual between each session is just as important as the work you are doing together in your group. My hope for you is that you start to live your best life engaged in God's call on your life, and I think Jonathan's response in 1 Samuel 14 provides a helpful framework for your response. Jonathan moved through four internal postures or attitudes that shaped the way he engaged in God's call on his life. He took ownership of his call; he dreamed about his call; he counted the cost of his call; and he was provoked to keep moving forward with his call. I believe these same four postures can be applicable and true in your life too.

## DAY 1: OWNING THE CALL ON YOUR LIFE

In order to awaken to the call on our lives, we have to take some ownership of that call. I believe God's call has two dimensions for every single one of us-identity and mission. There's the call of who we are to be (identity), and the call of what we are to do (mission). The first call is relational identity-God is calling us to be someone, and that someone is a son or daughter of God and an image-bearer of God. This is our identity. And out of that identity comes our mission-the work we are called to do. But it's important to remember that our mission is connected to the corporate mission of the people of God. We are all called to partner with God, individually and collectively, to impact the world with the saving freedom of the gospel and the reality of God's kingdom.

1. Read Genesis 1:26-31. What does it mean to be an imagebearer of God? How does this idea affect God's call on our lives?
2. Revisit your answers to the group discussion questions for session one. How did you answer the question, "Who is God calling you to be? What is God calling you to do?"
3. In his book, The Three-Mile Walk, Banning says, "Ownership [over our calling] is a mindset that generates an attitude of authority, initiative, and responsibility." (pages 12-13)

How would you rate the attitude of authority you have over your calling on a scale of $1-5$ ? Does it really feel like yours? If not, what can you do or think to make it feel like your dream, your calling?
4. How would you rate the steps of initiative you've taken in response to your calling, using that same $1-5$ scale? Where are you initiating action as a result of your calling, or where could you be taking more initiative?
5. How would you rate the sense of responsibility you feel toward your calling? What are you doing with the responsibility you feel, or what could you be doing with your responsibility?
6. What will be lost if you don't take ownership of your calling? And how does that loss potentially impact the world around you?
7. Read Ephesians 4:1-16. The term ownership may mean something different for each one of us based on our life experiences. How does this passage describe a healthy perspective of ownership regarding God's calling on our lives?
8. Which areas of healthy ownership, as they appear in Ephesians 4, are currently being reflected in your life as it relates to your calling? And where do you have room for growth?
9. How have you been relying on others-your pastor, leader, boss, parent, spouse, coach, teacher-to carry the responsibility of ownership for God's call on your life? And how will you reclaim your own responsibility?
10. Who is your "armor-bearer"? Who is the friend or mentor who will walk alongside you and encourage you to take ownership of God's call on your life?

Read Ephesians 4:17-32. The apostle Paul goes on to give his readers, the Ephesians, a few helpful instructions regarding Christian living. Consider how these instructions are still applicable to your life today as you live out God's calling in areas of both identity and mission. Think about how these instructions influence who you are and the way you show up in the world around you. And consider how these instructions influence your actions and the way you move forward with the dreams and desires God has placed on your heart. Spend a few moments in silent meditation or prayer as you reflect on your God-given identity and your Godgiven mission, the two dimensions of your God-given call. And
don't be afraid to ask God for the courage to start owning your call with a renewed sense of confidence and clarity.

## DAY 2: DREAMING OF THE CALL

We've all had a reality check when it comes to our dreams and desires, right? The desire to serve God in some interesting, unique way or in some exotic place-when reality looks like showing up to our nine-to-five job and coming home to a similar routine most nights. Or the dream we have to make the kind of difference that changes thousands of lives around the world, when in reality we're struggling to make a difference in our community and love people well in our own neighborhood. I don't think this means we need to give up on our dreams and desires, but I do believe we will struggle and wrestle with satisfaction in our lives unless our dreams and desires align with God's dreams and desires for us. God's call on our lives brings those dreams and desires alive in ways that we cannot fabricate or make happen on our own. Consider how Jonathan's call was connected to the dreams of his heart. That's why his armor-bearer said, "Do all that is in your heart," because he saw that Jonathan's desire to be responsible and do something about the situation was deeply connected to his heart. Consider how your dreams and desires align with God's call on your life as you answer these questions:

1. Think back to your earliest dreams as a child. What did you dream about?
2. Awakening to our dreams and desires is often the starting point for the ongoing dreaming of our call. Name a time in the past when God awakened something in you-what were the circumstances, how did it happen, what did it mean for you, what was stirring in you, what kind of action or awareness or dreaming followed your awakening?
3. Consider your answer to the first group discussion question, "How are you actively engaging in the dreams God has placed on your heart?" Is there anything else you would add? Or are there new dreams God has placed on your heart since you first answered this question?
4. What circumstances or situations have affected your dreams in the past or what keeps you from dreaming today?
5. Read Matthew 11:25-26; Matthew 19:13-15; and Mark 10:13-16. Dreaming can seem so childish for some of us, and yet notice how Jesus prioritized the presence and perspective of
children. How do these passages shape the way you think about dreaming with a childlike perspective?
6. Banning reminds us that dreaming comes from a heart-awakening with God, not an intellectual-awakening (The Three-Mile Walk, page 16). Perhaps this is why Jonathan's armor-bearer says, "Do all that is in your heart." And yet we are culturally conditioned to trust our minds over our hearts. How is this a struggle for you?
7. The call of God on your life is impossible without God. How do you stay connected to God and connected to moments when God is inviting you to dream about the call on your life?
8. Read Ephesians 3:14-21. What reasons does this passage give us to trust God with our dreams, with his dreams for us?

Reread Ephesians 3:20-21. Let this be your benediction as you close your time in prayer today, knowing that God can do immeasurably more than all we ask or imagine. Thank God for stirring your heart, awakening your mind, and giving you dreams beyond yourself. Ask God to help you pay attention to the desires he gives
you and the opportunities he provides for you to continue dreaming as you move forward and lay claim on God's call for your life.

## DAY 3: COUNTING THE COST

Here's the deal: dreams can be wildly inspiring, and yet they can also be uncomfortable, exhausting, scary, even painful at times. And most of us pay some sort of price to pursue our dreams and engage God's call on our life. But the danger isn't in the pain or the price we pay; the danger is that we will stop dreaming and stop taking risks, therefore missing out on fulfilling the dreams and desires God has for us. That's why it's important to understand what it looks like to be obedient to God's call as we pursue our dreams. When we are obedient to God's call, we know that disappointment, disillusionment, and failure are all part of the process, but that doesn't mean we give up and abandon our call. It means we lean into God as we press into our call. It means we need to keep our hopes up. Because of Jesus we have hope in who God says he is and what God says he will do. And because of Jesus, we have hope in who God says we are and what God is asking $u s$ to do. This means God's identity and mission are deeply connected to our identity and mission. In fact, they are inseparable when we're walking in obedience with God. We can count the cost and be confident in the cost because we have hope in the Resurrected Jesus. Consider what it means to count the cost of your dreams with hope as you answer these questions:

1. What price have you had to pay to pursue your dreams and the call God has placed on your heart?
2. How has disappointment, disillusionment, or failure derailed your dreams?
3. Read Luke 14:25-33. According to this passage, what did it cost the disciples to follow Jesus?
4. What does it look like for you to count the cost of pursuing your God-given dreams and desires? What will you have to let go of or leave behind to keep moving forward?
5. What is giving you hope on your three-mile walk with God right now as you count the cost of God's dreams and desires for you?
6. Read 1 Peter 1:3-9. According to this passage, what reasons do you have to place your faith and your hope in Jesus?
7. Is hope an easy or hard concept for you? Why?
8. Where do you need more hope in your life right now? How can Jesus provide the hope you need?

Read Romans 5:1-5. May you find comfort in these verses knowing that the cost you pay to pursue God's call will eventually bring peace and hope. Close your time in prayer today by thanking God for the gift of the peace and hope he gives you alongside his dreams and desires for you. Ask God to give you the perseverance and determination to keep moving forward until you experience that hope.

## DAY 4: MOVING FORWARD

When Jonathan looked out at the Israelite soldiers huddling in fear and his father, Saul, sitting under the pomegranate tree refusing to act, it provoked him. And he did what a true soldier of Israel would do—run into the battle. Jonathan knew there was more to do than what he saw his father doing-which was nothing. Here's what we can learn from Jonathan in that moment: the call of God on our lives should provoke something inside of us that causes us to refuse to settle for anything less than all God has called us to be and to do. And if it doesn't provoke us to keep moving forward, then tragically, we settle for less than God's call and purpose for our lives. It's important to understand that when we settle for less, we're not just settling for less in our own lives, but we're causing others to miss out on the "more" God has for them too. At the very core of our Christian faith is a real, dynamic interactive relationship with God that transforms us from the inside out. And when we live out of that interactive relationship, we operate with the mind of Jesus the Christ, the heart of God the Father, and we live
out the fruit of the Holy Spirit. We live from a whole and healthy heart. And the world needs our whole and healthy heart to provoke and inspire fellow Christians to live out of their own whole and healthy hearts. So, don't settle for less than the life God is calling you to as you keep moving forward this week.

Read Galatians 5. Let this be your personal reflection this week. As you meditate on this passage, use the space below to journal any thoughts, prayers, or ideas that come to mind. It might be helpful to list the fruit of the Spirit, paying attention to where they already appear in your life, or where you have room for growth as you awaken to and move toward God's call on your life.

## FOR NEXT WEEK

Review the Introduction and chapters 1-2 in The Three-Mile Walk and use the space below to write any insights or questions from your personal study that you want to discuss at the next group meeting. In preparation for next week, read chapters 3-4 in The Three-Mile Walk.


## THE THREE-MILE WALK

 by Banning Leibscher
## Awaken to the Call God Has for Your Life

You were made for more than a life of holy discontent - more than the frustrating sense of sitting on the sidelines of your own life's purpose. From the beginning, Jesus has beckoned us out of passivity and into a high-stakes adventure with hearts fully alive, lives fully engaged, and the courage needed for both.

With a heart-stirring message and compelling stories, founder of Jesus Culture and pastor Banning Liebscher will equip you with practical guidance to be and do all that God has called you to. The Three-Mile Walk draws from the biblical story of Jonathan who, after a treacherous three-mile hike, boldly stepped into battle and watched God work a stunning victory in the midst of impossible odds. Likewise, Liebscher presents the three key attributes you need to fully engage your mission - courage, holiness, and faith.

You are meant to change the world. It's going to be tough, surprising, and more fulfilling than you can imagine. You just need the courage to rise up and walk it out.

