

Running Partners

Trios helping each other live
as Christians



Intro

One of the major themes of the New Testament is 'one-anothering'. There are loads of these commands to love one another, build up one another, bear each other's burdens, comfort one another, pray for one another and many more! This reminds us that our relationship with God is an active one that we must continually invest in with others in our church community always with the help of the Holy Spirit. **Running Partners** is the simple idea that through prayer, encouragement and challenging each other guided by biblical principles and teaching we will continue to see God grow a church of Christ-centered men and women ready to lead their families, workplaces and church in today's world.

What is Running Partners?

'What'

Modelled on the one-anothering instructions found in the New Testament, these groups are for fellowship which will enable us to be encouraged, challenged and accountable to each other under God's leading. Ultimately helping us through the power of the Holy Spirit to become more like Christ.

'Why'

We're commanded to encourage each other. Life can be so busy and as Christians we face challenges every day in our homes, workplaces and all the other situations we find ourselves in. Therefore, it is important that we are meeting together intimately with a few others as well as corporately, taking time to pray, encourage and challenge each other to prepare us for the things we will face. In Hebrews 10:24-25 we are reminded not to neglect meeting together for encouragement and to stir love and good works in each other.

'How'

We would encourage meeting in groups of three males or females. Frequency can be flexible but we would recommend at least monthly, for about an hour. Meeting fortnightly might be advantageous at the beginning but do what you can. While we all go through particularly difficult and challenging times these groups are primarily for mutual encouragement of each member.

'Who'

These groups are open to anyone who wants to grow as a Christian. We are all in need of encouragement and challenge as we each strive to be led by the Spirit in becoming like Christ. The only requirement is that you enter in whole-heartedly with the intention of both encouraging and being open to being encouraged and challenged yourself. We are **running** the race Christ has shown, and we are **partners** as we run.

How to start well?

We have found that **Running Partners** run best together if there are clear expectations from the start, (just as running buddies agree where they are going to run to!). **Running Partners** is more than friends hanging out together. We discuss this Guide and give each other permission to help each other walk with God. As our friendships grow, we learn to speak into each other's lives, sharing as fellow runners, out of humility, what we believe God gives us for each other.

'For how long?'

We suggest you review the usefulness of the group after three months, giving each the opportunity to say what they have found helpful, what has not been so helpful and asking whether each wants to continue. If you continue, at six months you can decide either to stop meeting, form a new group or continue with the same group. We all go through different seasons in life and these groups need not be permanent.

What does the discussion look like?

The discussion should be flexible. However, it isn't primarily social and we all have tight timescales. The group is likely to most useful if the meetings are well focused. A quick hello and then move on to discuss how you're doing. As the groups are mutual, we suggest each taking a turn to lead discussion and ask questions. Questions like these may work:

- How are you, tell us how you're really doing?
- How has your relationship with God been this week? Have you found time to pray, worship and read your Bible?
- What has God been speaking to you about this week?
- What have you struggled with/been tempted by spiritually this week?
- How is your relationship with those closest to you? If you are married or have children how are those relationships?
- Is there balance in your life between work, family, friends, service and relaxation?
- Have you found any opportunities to proclaim the kingdom of God this week (good news of Jesus/healing/helping the poor, etc.)?

Always finish with **prayer** for each other (if it's not appropriate, do prayer requests!) We hope these questions are a good place to start but they are not prescriptive merely suggestive.

Contact

Should you have any questions or want some guidance you can contact:

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