



Running Partners – Quick Reference Guide

Why?

One of the major themes of the New Testament is 'one-anothering'. It is full of commands to love one another, build up one another, bear one another'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. We also all know that life is busy and full of challenges – it's really easy just to try to get through each day as best we can rather than loving and living for God. Hebrews 10:24-25 tells us not to neglect meeting together for encouragement and to stir love and good works in each other: Running Partners is a way to make this happen.

What?

Running Partners is more than friends hanging out together. We ask deep questions, answer honestly, and give each other permission to speak the truth in love. As our friendships grow, we learn to speak more into each other's lives, sharing humbly as fellow runners what we believe God gives us for each other.

Who?

Groups of three tend to work best, of people of the same sex. There is no leader in a Running Partnership, the idea is about mutual discipleship, so it will probably be beneficial to partner with people who are at roughly the same stage of life. Running Partners is for anyone who wants to grow as a Christian, so everyone needs to start with the intention of both giving and receiving encouragement and challenge.

How?

How often you meet is up to you but we would recommend at least monthly (meeting fortnightly might be helpful at the beginning if you don't know each other very well). Exactly what the conversations will be like will vary from group to group but make sure that you stay focused on the aim of encouraging one another in your running.

Questions like these may help:

- How are you really doing?
- How has your relationship with God been recently? Have you found time to pray, worship and read His Word?
- What has God been speaking to you about this month?
- What is helping you to know and love God more?
- What have you struggled with/been tempted by recently?
- How are your relationships with those closest to you?
- What's the balance like in your life between work, family, friends, service and refreshment?
- What opportunities have you had to love your neighbours and proclaim the kingdom of God this week (telling people about Jesus, offering to pray for healing, helping the poor, etc.)?

You don't have to ask all the questions, and it may be more fruitful to go deeper on a specific subject that's particularly significant.

Always finish by praying for each other, and try to remember to pray for each other at other times too.

Keeping going?

These groups need not be permanent. We suggest you review after six months of meeting together. Many groups will run together for a season and then multiply, which is essential for welcoming in others.

Finding fellow-runners

Existing friendship is not a pre-requisite for doing Running Partners. If you don't know who to ask, we'd love to help. Fill out [this form](#) and we'll do our best to link you up with a couple of other people.