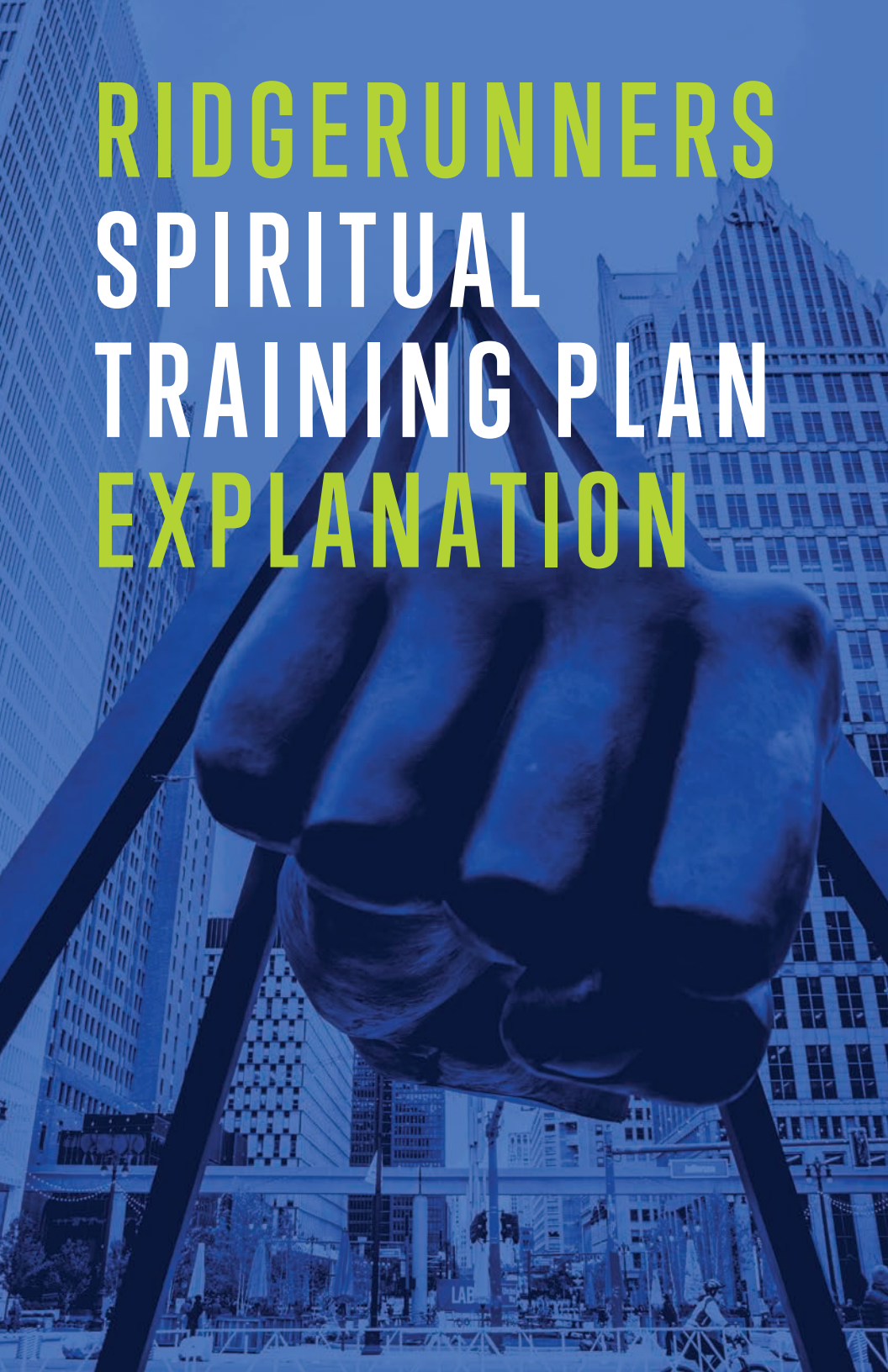


SPIRITUAL TRAINING PLAN 2023



RIDGERUNNERS SPIRITUAL TRAINING PLAN EXPLANATION



MONDAY | MEMORIZATION

Look up the verse and then rewrite it in the space provided. Memorize the verse. Monday's verse will be the NIV translation unless otherwise noted.

TUESDAY | PRAYER POINTS

Pray the assigned prayer point for each week. Use the space provided to rewrite the prayer, or to write your own prayer. (refer to training log for each prayer)

WEDNESDAY | STRENGTH AND CORE

Just like marathon training, it is important to work on strengthening your spiritual "core." Wednesdays will require you to breakdown and analyze the weekly verse. This is what the Spiritual Strength and Core Plan looks like:

WARM-UP: Position yourself to hear from God (be alone in a quiet setting with no distractions). Reread your weekly verse and pray for God to open your eyes and heart to what He wants to share with you from the scripture.

P: **Pour** over the verse (ponder the passage and think about it)

L: Is there something to **learn**? (What are the spiritual principles of the verse? Does it tell of a promise? Give an instruction? Teach you something about God's character?) (record in your training log)

A: **Ask** yourself if you are living these principles out in your life. (record in your training log)

N: What is your **next** step? How do you plan to incorporate this principle into your life? (record in your training log)

K: What does God want you to **know**? In your training log, summarize or list the impressions/thoughts you currently have.

COOL DOWN: Take a few minutes to quietly meditate on the verse. Reflect on its meaning, what you've learned, or how God may be wanting you to apply it.

STRETCH: In your training log, rewrite the scripture in your own words.

THURSDAY | HARD DAY

In order to grow and spiritually set a “PR” (personal record), we’ve got to challenge ourselves. Each Thursday, you will complete this *hill* workout:

- Look up the weekly verse in the translations listed on your plan. (*Biblegateway.com* and the *YouVersion app* are good resources for this)
- Write each verse translation in your training log.
- Identify what the *action step* of the verse is. That is your hill.
- Ask God for guidance and challenge yourself to take an action step in this area of your life. What is something you could do to conquer this hill? (record it in your training log)

**BIBLE TRANSLATION KEY

(use the *Bible Gateway* or *YouVersion websites/apps*)

*AMP: Amplified Bible

*CEB: Common English Bible

*CEV: Contemporary English Version

*CSB: Christian Standard Bible

*ERV: Easy-to-Read Version

*MSG: The Message

*NLT: New Living Translation

*TLB: The Living Bible

*VOICE: The Voice

FRIDAY | REFLECTION

Part of any successful training plan requires self-introspection and reflection. Read the devotional titled “Captain’s Insight” for today. What parts of it can you relate to in your:

- Physical training? (record your thoughts in your log)
- Spiritual training? (record your thoughts in your log)

SATURDAY | GROUP CONNECT

Answer this question: “What is it you need to share with others about this verse?” Share it with at least one other person at the Saturday group run. It could be as simple as reciting the verse to another person, to sharing what your challenge for the week was. It’s whatever you feel led to share. When you both finish your discussion, agree to pray for one another over the course of the next week.

SUNDAY | CROSS TRAINING

All verses are NIV unless otherwise noted. Using the journal provided to you, answer the following questions:

- Read the verse listed for today. How does it connect with this week’s memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?
- Write one way the weekly verse helped you in your training.

FINAL WEEKLY ACTION STEP: What of this do you think you can share with your team on Facebook or with your captain via email? Once you know, make sure to share!

2023 LOVE RUNS SPIRITUAL TRAINING PLAN

WEEK	DATE	MON	TUES	WED	THUR	FRI	SAT	SUN
#	Monday	Memorize	Prayer	Strength/ Core	Hard Day	Reflection	Group Connect	Cross Training
6	July 17	Isaiah 26:3	Prayer Point	PLANK	Hard Day AMP/CSB	Reflection	Group Connect	Psalms 119:165
7	July 24	Psalms 91:11	Prayer Point	PLANK	Hard Day CEB/TLB	Reflection	Group Connect	Psalms 34:7
8	July 31	Psalms 56:3	Prayer Point	PLANK	Hard Day MSG/TLB	Reflection	Group Connect	Psalms 56:4
9	Aug 7	Eph. 2:10	Prayer Point	PLANK	Hard Day AMP/ERV	Reflection	Group Connect	Isaiah 43:7
10	Aug 14	1 Tim. 4:8	Prayer Point	PLANK	Hard Day CSB/ERV	Reflection	Group Connect	Matthew 6:33
11	Aug 21	Heb. 10:25	Prayer Point	PLANK	Hard Day CEV/ERV	Reflection	Group Connect	Acts 2:42
12	Aug 28	Isaiah 43:19	Prayer Point	PLANK	Hard Day CEV/VOICE	Reflection	Group Connect	2 Corinthians 5:17
13	Sep 4	1 Peter 5:8	Prayer Point	PLANK	Hard Day ERV/TLB	Reflection	Group Connect	2 Corinthians 2:11
14	Sep 11	Phil. 1:6	Prayer Point	PLANK	Hard Day TLB/VOICE	Reflection	Group Connect	Psalms 138:8
15	Sep 18	Prov. 27:17	Prayer Point	PLANK	Hard Day AMP/VOICE	Reflection	Group Connect	James 5:16
16	Sep 25	Exod. 14:14	Prayer Point	PLANK	Hard Day ERV/NLT	Reflection	Group Connect	Deuteronomy 3:22
17	Oct 2	Prov. 4:23	Prayer Point	PLANK	Hard Day CEB/ERV	Reflection	Group Connect	Luke 6:45
18	Oct 9	1 Cor. 15:58	Prayer Point	PLANK	Hard Day AMP/TLB	Reflection	Race Weekend	





YOU WILL KEEP IN PERFECT PEACE THOSE
WHOSE MINDS ARE STEADFAST, BECAUSE
THEY TRUST IN YOU.

—
ISAIAH 26:3

WEEK 6 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 6: Pray for orphans, kids in foster care, and runaways who are the most vulnerable to traffickers

God, we come before you now and plead for these dear children to be protected from all danger. Shield them from those evildoers who seek to destroy them. Show the world that you, Jesus, are the Lion of Judah! Send the jackals and hyenas fleeing over the hills and out of sight. Draw the orphan to you, Heavenly Father, and give them protectors here on earth. Lead the runaway back to safety. Help them to find a new path and a new life, far from destruction and evil. Show them the purpose and plan that you have for them. Amen.

Rewrite the prayer or write your own in the space provided:

WEEK 6 | TRAINING LOG

WEDNESDAY

P:

L:

A:

N:

K:

THURSDAY

AMP TRANSLATION:

CSB TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 6 | REFLECTION

Isaiah 26:3 *"You will keep in perfect peace those whose minds are steadfast, because they trust in you."*

Peace – feeling calm, tranquil, peaceful – can at times (or even often!) seem so elusive to us all. And having "perfect peace"? That seems completely unattainable outside of Heaven. But here God is... promising to keep us in perfect peace as we determinedly trust in Him.

Do you have a peaceful place? A place where you go physically or in your mind to calm yourself or to escape the chaos of life? For me it is beaches, mountains, even camping. There is something about sand, waves, looming mountains, starry skies, a gorgeous sunset. They bring peace to me. Some of my fellow runners would say running allows them the opportunity to free their mind of anxiety and worry and "leave it all on the road." Running does not do that for me. It actually probably causes me anxiety, stress, and lack of peace.

However, running does give me the opportunity to cast my cares upon Him, recognizing God as my source of strength and depending upon Him rather than on my own abilities. It helps me to remember that when I am weak, He is strong. His strength is shown and perfected in my weakness. And running allows me the chance to depend on God's power rather than my own strength or abilities, and so I steadfastly focus my mind and my thoughts on God as I run.

Anxiety creeps into our lives in so many ways. It can be overwhelming. It can completely consume our lives, our days, our families, our friendships, our jobs, our time. I am thankful to know and to have the Prince of Peace who stands up to speak to and to calm the storms in my life.

We are not promised a life free from struggles or worry. But we are reminded of Who to turn to and what to do when all the bad things come our way.

Jesus – Just saying His name calms my heart and mind so often. Jesus.

So, let's keep our eyes and our minds fixed steadfastly (firmly, determinedly, loyally, unwaveringly) on Jesus. He is the author and perfecter of our faith. And while we may falter in our consistency, I find comfort in remembering that even if we are faithless, He remains faithful for He cannot deny Himself (2 Timothy 2:13).

The passage ends with further encouragement:

Isaiah 26:4 Trust in the Lord forever, for the Lord, the LORD Himself, is the Rock eternal. No matter where we are or what situations we find ourselves in, we can rest in perfect peace when we are trusting in our Lord God, the One who is constant and always in control.

Carianne Gray

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

WEEK 6 | TRAINING LOG

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**



WEEK 7 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 7: Pray for God to show survivors their true design and to blossom into a new creation with a new future

Jesus, just as we become a new creation when we surrender our hearts to you, let these beautiful daughters of yours know they are no longer who the world and the devil told them they were. Show them your image reflected in them and that they have unique skills, knowledge, wisdom, strength, abilities, and great value to offer this world. Provide them with the training, resources, and education they need to blossom into the talented and unique individuals you made them to be. Give them a brand new confidence that they are fearfully and wonderfully made and have something beautiful to give to the world. Amen.

Rewrite the prayer or write your own in the space provided:

WEEK 7 | TRAINING LOG

WEDNESDAY

P:

L:

A:

N:

K:

THURSDAY

CEB TRANSLATION:

TLB TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 7 | REFLECTION

Psalm 91:11 *"For He will order His angels to protect you wherever you go."* (NLT)

Trust is a touchy subject for me. When I was 16 years old, my dad died from cancer, causing my whole world view to shatter into a million pieces. Couple that with the fact that the true nature of his illness was hidden from me, and you end up with a very confused adolescent trying to reshape her concept of trust.

Unsurprisingly, this issue with trust extended to my faith: I couldn't reconcile a loving God with a God who would let a terrible thing like this happen. As such, I decided that a God like that wasn't real and I walked away from Him and into the darkest chapters of my life. BUT GOD never walked away from me. In fact, I now firmly believe that He had angels walking alongside me just as this verse states. These angels manifested in many ways, but they ultimately brought me to the realization that I was angry at God. And you can't be mad at something you don't believe in. So, I came home and accepted Jesus as my personal Lord and Savior.

Your journey to this team might not be as dramatic as my salvation story, but it does involve trust. It requires you to trust that God called you to this, and that He will see you through the miles, especially when it's hot and humid and you can't fathom taking another step. And it requires trusting Him that what we are doing makes a difference to those enslaved in the world of human trafficking.

However, I want to encourage you to go deeper into trust and trust that He is with you. Not only is He with you, He has ordered His angels to be with you, to protect you WHEREVER you go. HIS ANGELS...Heavenly beings imbued with the power of the Almighty God... have been ordered to be with us and protect us. That means that for those of us who trust in Jesus, we don't have to do anything alone, or by our own strength. We don't have to do these miles through our own strength, we don't have to fundraise by our own strength and we don't have to live by our own strength. We can TRUST THAT GOD IS WITH US. And that angels are walking alongside us...literal angels!

That being said, trust is not easy. It's hard when God calls us beyond our comfort zones, out of the boat and into the raging sea. But you have already come so far: you said yes to this team, and yes to making a difference for people who don't have the ability to decide things for themselves. Remember, this team exists to give a voice to the voiceless, and to provide freedom to the captive. This team exists because we trust God to end human trafficking, and we want to be a part of it.

So, when the miles get hard, the dollars aren't coming in and you begin to question whether or not God has you in the right place, remember you are not alone. He has ordered His angels to be alongside you, and to protect you. He will not fail you. I did not understand that as 16-year-old girl running from God, but it's true.

Ultimately, I am here because God did not fail me, and because He sent His angels to be with me. Because of that, I know that He will be with you too, protecting you every step of the way. Even if things go off the track you expected, He is a Good God, and He can be trusted. All you have to do is realize that you are in the presence of His angels, and let Him take care of the rest.

Katy Hall

FRIDAY

CAPTAIN'S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

WEEK 7 | TRAINING LOG

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK, OR WITH YOUR CAPTAIN VIA EMAIL.



WHEN I AM AFRAID,
I PUT MY TRUST IN YOU.

PSALM 56:3

WEEK 8 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 8: Pray for Jesus, the Great Physician, to perform miraculous acts of physical, mental, emotional, and spiritual healing in the lives of survivors

Bind up the wounds of the brokenhearted oh, Lord! Please free these survivors from the effects of their abuse. Show them how you can make beauty from ashes. Wash away their anxiety, remove their fears, renew their minds, heal their bodies, and renew their hope in you! You know the places in their hearts that are crying out for healing and we believe you hear our cries to heal them. We ask for you to reach out your healing hand and cleanse them physically, mentally, emotionally, and spiritually. Wash them and make them clean. Amen.

Rewrite the prayer or write your own in the space provided:

WEEK 8 | TRAINING LOG

WEDNESDAY

P:

L:

A:

N:

K:

THURSDAY

MSG TRANSLATION:

TLB TRANSLATION:

YOUR HILL?

ACTION STEP:

Psalm 56:3 "When I am afraid, I put my trust in you."

When people ask me to describe my personality, I often use words like "fearless," "courageous," and "brave." But if you were to ask me to describe my mindset about the 2023 Love Runs' season, the only word that comes to mind is fear. Yes, fear! Okay, let me give you a little background . . . last year, I broke my toe. It wasn't a major injury, but I was in a boot for six weeks and was sidelined for the rest of the Love Runs' season. At the time, I said to myself, "No problem, there's always next season. I'll be just fine. As a former collegiate athlete, I've had plenty of injuries before, I'll power through this injury as I have done with all the other injuries."

But this season, I'm not fine. Every time I get outside to go for a run, my legs feel like two-ton bricks; I'm huffing and puffing the entire time, and my motivation is in the dumpster. Instead of feeling the excitement of going for a morning run, I'm overwhelmed with fear that I won't be able to finish, and more importantly I won't be ready in time for Race Day. I won't be fast enough, strong enough, healed enough, to run my race. Have you ever felt that your best effort wasn't going to be good enough? That's where I'm at right now . . .

So how do we pull ourselves out of the funk of focusing on impending failure? Who can we turn to when we are overwhelmed with fear? Who can we trust? King David teaches us in Psalms 56:3 that when we are afraid, we can put our trust in God. King David prayed, "When I am afraid, I put my trust in you," and boy did he have reason to be afraid. See, King David wasn't running a race, He was running for his life! He prayed these words as He was being pursued by his enemies the Philistines. He said these words when his life was in danger, and he could not save himself by his own power and strength. He had to trust and rely on the Lord to protect him. But how was King David able to trust God in such dire circumstances? King David trusted God because He knew God personally. He knew God's character and could rely on His attributes when the storms of life. In order for us to trust God when we are afraid, we have to know who God is!

All throughout the Bible God reveals to us His perfect character. To give you a quick snapshot of His character, here are the ABC's of God's attributes:

God is **Almighty**- has all power; **Boundless**- not confined by space or limited by time; **Compassionate**- caring and full of mercy; **Dependable**; can rely on Him to do what He says He'll do and always be who He is, **Eternal**- always existed and always will; **Faithful**- will always be true to Himself and us; **Good**- always does what is right and beneficial; **Holy**- set apart as One who is always right, blameless, and pure; **Immortal**- will never die, decay, or cease to exist; **Just**- impartially judges in ways that are always right and good; **Kind**- full of grace and tenderness of heart; **Love**- unselfish attitude and devotion to others; **Merciful**- forbearing and forgiving even though undeserved by the recipient; **Never-Failing**- always succeeds in what He purposes; **One**- a triune God, in essence and character the same, of whom there is none other like Him. **Perfect**- can do no wrong; **Qualified**- worthy because He is able; **Righteous**- always does what is right; **Sovereign**- above all in authority and power; **True**- cannot and will not lie; **Unchanging**- the same God yesterday, today, and tomorrow; **Victorious**- unconquerable and able to deliver; **Wise**- His understanding knows no limits; **X-traordinary**- not like Him; **Yahweh**- the self-existent Lord; and **Zealous**- fervently pursues His purposes and the glory of His name.

I believe that when David meditated on these truths about who God is, he was able to wholeheartedly trust God to protect, provide and bring peace to a fearful situation. This season I'm following King David's lead and telling God with every mile that I run that I trust Him. And it is my trust in Him that will help me to conquer my fears, conquer my Goliath, and finish my 2023 race. May He be glorified in it all.

Rebecca Hasson

*Attributes of God source: <https://mintools.com/blog/attributes-of-god.htm>

FRIDAY

CAPTAIN'S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

WEEK 8 | TRAINING LOG

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK, OR WITH YOUR CAPTAIN VIA EMAIL.



WEEK 9 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 9: Pray for the salvation of the victims and survivors of sex trafficking

Draw your children to you, God. Let them know you are their only hope and want them to call you Abba, Father. Show them that their deepest need is to surrender their lives to you and be made whole again. Speak into their hearts this very moment that you love them and want them to be united in a deep, meaningful relationship with you. Help them to see and believe that Jesus sacrificed himself for us and made a way for us to spend forever with you, no matter what we've done. We are asking for every single victim and survivor to believe in you and be saved! Amen.

Rewrite the prayer or write your own in the space provided:

WEEK 9 | TRAINING LOG

WEDNESDAY

P:

L:

A:

N:

K:

THURSDAY

AMP TRANSLATION:

ERV TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 9 | REFLECTION

Ephesians 2:10 *“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”*

Ephesians is one of my favorite books in the Bible. This letter from Paul to the Ephesians is full of reminders of the salvation and grace we received. These amazing gifts from God passed on to us all through Jesus. I like to think of this letter from Paul like it’s almost a love letter in a way.

Ephesians 2:10 is a verse that tends to get missed. I have heard verses 8 and 9 many times. Yet, verse 10 to me really pulls it all together. It’s the verse that really helps us all understand God’s salvation and grace through faith. Some, like myself in my past, hung onto these two words “good works” in this verse. Early in my walk and, in my past not so much of a faith walk. These words to me meant, “Do good things, and all will be good.” Yet, it’s so much more than that.

God calls us his “handiwork” in this verse; His artwork if we want to look at it deeper. We are, His artwork and we have all been created in many ways. It says it right there: “created in Christ Jesus to do good works,” and these good works don’t ‘give’ us the salvation. But these good works are the ‘result’ of our salvation.

The best part of this verse is that God has already prepared these good works for us long ago. Long before I, or any of us, accepted Christ into our hearts. He has planned it all, every step of the way of what He wants us to do with our lives. We don’t need to do what someone else is doing or copy what they are doing. God laid out a unique plan for all of us. Just me, you, and the guy next door. We each have a different plan for our lives He has prepared for us to serve Him while we are part of this world (I like to think of it as a realm like an earthly realm and not the heavenly one).

God has given each of us, our own spiritual gifts, and with the Holy Spirit in our lives to lead us in serving Him. This verse to me, lines up with how in running a race such as this, and seeing how others are doing in terms of time, number of runs in, and pace. God has prepared each one of my races, unique to me, and only for me. He has already set my pace, the time, and which ones I will miss and those I won’t. I have always stood by this in my running career. Running is easy which is 10% of the effort. The other 90% is all in stuff in my head that can lead me down a comparison path of destruction in which I have in the past. And this does apply to everything in our lives. Not just running. So, take heart in knowing God has laid out your race for you. Your time, pace, and everything else running is already there. And know this, God will be waiting for you at the finish line. At least, I’ve always met Him there myself.

Al Hepfinger

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

WEEK 9 | TRAINING LOG

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK, OR WITH YOUR CAPTAIN VIA EMAIL.



WEEK 10 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 10: Pray for pimps, traffickers, and johns to come to the feet of Jesus, repent, and be saved

Merciful Father, no one is beyond your reach. Remind us today of the powerful truth that you desire for all men to be saved. Help even the "worst" of these sinners to come to you. Let them 'seek the Lord while he may be found; call upon him while he is near; let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon.' We ask that you grant them repentance, show them that Christ died for them and they can be justified by his blood and saved from the wrath of God. Amen.

Rewrite the prayer or write your own in the space provided:

WEDNESDAY

P:

L:

A:

N:

K:

THURSDAY

CSB TRANSLATION:

ERV TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 10 | REFLECTION

1 Timothy 4:8 *“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”*

Priorities can be a tricky thing. With so much out there reaching for our time and attention, it is natural and expected that we gravitate towards that which might interest us the most. While a student in school, we tend to prioritize our time around studying. In the workplace, we may prioritize our day around our customer's needs or the next project we are to take on. As a RidgeRunner, we have decided to take on a distance race this fall, thus we prioritize our time to ensure we are physically trained and prepared for race day!

It makes sense that we prioritize time this way- especially our physical training this season. No matter the race or our pace, these distances are to be respected and we need to be prepared. We know the value in the daily discipline of physical training, proper nutrition, right hydration, and adequate rest and recovery. We know this intentional focus on our part will lead to a successful race day, making all of that effort worth it!

Even so, 1 Tim 4:8 reminds us that this effort, focus, prioritization on our part is only of “some value”. Yes- finishing that race will be an amazing experience; an accomplishment that we will be proud of for the rest of our lives! However, in the big picture of life, it is only of “some value”.

What can be more rewarding than accomplishing a big goal- finishing a race that only a relatively few will ever do?! This week's verse tells us that our *spiritual fitness* is much more important and that it promises rewards for both this life and the next. Verse 9 plainly tell us that as hard as it may be for us to comprehend this notion, that it is the truth and we need to accept it (I picture Paul doing the proverbial “mic drop” after writing this verse, hahaha)! Considering how we prioritize our time, focus, and energy around our physical training for a race that will provide some value, our true priority in this life needs to be our spiritual training and spiritual health that will provide eternal value. This is the truth and we must accept it!

Personally, I really enjoy physical training. I prioritize my time in a way that ensures I am able to do some type of physical activity nearly every day. As valuable as this may be for me physically, mentally, even emotionally, in the end it will not compare to the eternal value of having the right spiritual training and fitness in my life. Maintaining an eternal perspective will help me properly prioritize my spiritual training each day. Just like following a good physical training plan each day to ensure a successful race day, I encourage our team to spiritually train each day so that we may experience God's best in this season, in this life, and beyond!

Ryan Bloom

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK, OR WITH YOUR CAPTAIN VIA EMAIL.



NOT GIVING UP MEETING TOGETHER, AS
SOME ARE IN THE HABIT OF DOING, BUT
ENCOURAGING ONE ANOTHER—AND ALL THE
MORE AS YOU SEE THE DAY APPROACHING.

—
HEBREWS 10:25

WEEK 11 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 11: Pray for local, national, and international legislation to continue to improve and for justice to be served

God of justice, we ask for you to dismantle the plans of crooked governments, shatter the criminal networks of organizing trafficking, and bring to justice all sexual perpetrators. Put men of faith in power. Help our governmental legislation to continue to improve in favor of the oppressed. And break the arm of the abuser! Help them to receive their due punishment, and help that punishment bring them to your feet. Please provide great wisdom and guidance for those in influence and heal our broken systems. Amen.

Rewrite the prayer or write your own in the space provided:

WEEK 11 | TRAINING LOG

WEDNESDAY

P:

L:

A:

N:

K:

THURSDAY

CEV TRANSLATION:

ERV TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 11 | REFLECTION

Hebrews 10:25 *“not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

Before I decided to join Love Runs, I was a completely different person. Anxiety consumed my thoughts on a daily basis and I began to grow weary battling the inner thoughts in my head. During this time, I was attending Eastern Michigan University. With the pressure of completing coursework and paying for school, life started to feel a little overwhelming to say the least. Between working, schoolwork and maintaining a social life, it seemed like I couldn't go a day without being stressed. Over time, this started to take a toll on me and my mental health. I had completely isolated myself from everyone and had lost any sense of community I had. I knew I needed help, so I decided to attend a service at NorthRidge Church. I remember Pastor Brad introducing this new concept to me called “surrender,” letting go of the things we cannot control. So, in that moment, I decided to let go and give all my worries to God.

NorthRidge sure is a large church and can be a bit intimidating at first. I loved the sermons but still struggled to feel connected. I noticed the many different ministries groups that were happening around campus and decided to check them out for myself. That's when I came across Love Runs. I thought this would be the perfect first step in stepping outside of my comfort zone. I mean how much talking can you do while running? I know, comical right? So, I signed up and made the courageous decision to join Love Runs.

The night before my very first group run, I was quite nervous. However, when I saw a post from Nathan Lockwood about how he took a leap of faith when joining a group run for the first time, it brought me so much comfort knowing that others were once in a similar position as I was. I realized in that moment that I wasn't just joining a running team, but a family.

Since joining Love Runs, I have learned just how important it is to have community in your life. With community you learn to put your walls down and ask for help from your brothers and sisters in Christ. I not only had the mental strength but the physical strength to complete a 5K, half marathon, and a full marathon. I know I would not have been able to this on my own. The compassion, support, and companionship of the Love Runs community changed my life.

Kelsey Miteen

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?


SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**



SEE, I AM DOING A NEW THING! NOW IT
SPRINGS UP; DO YOU NOT PERCEIVE IT? I AM
MAKING A WAY IN THE WILDERNESS AND
STREAMS IN THE WASTELAND.

ISAIAH 43:19

WEEK 12 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 12: Pray for all of those in bondage to pornography to find true freedom in Christ and be freed from the chains of lust

Lord of all creation, help us to understand how dark the powers of lust and pornography sweeping over our world really are. We ask for a gripping conviction in the heart of all men and women struggling with lust of any kind, and specifically pornography. Break the chains of those with pornography addictions. Help us to see sex as you've made it, beautiful and sacred. Help us to see people as those made in your image, and not images on a screen for our temporary selfish pleasures. Help even those on our team who need help to reach out and show us as the body of Christ how to help them. Above all, help us to seek and savor the beauty of Christ so much that the false pleasures of this world fade away. Amen.

Rewrite the prayer or write your own in the space provided:

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THURSDAY

CEV TRANSLATION:

VOICE TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 12 | REFLECTION

Isaiah 43:19 *"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."*

God – the One who is always faithful, always steadfast; the One who is the same yesterday, today, and forever – this same God is also doing a new thing.

New things give me hope. For others new things may cause anxiety or even fear, but for me new things show me that there is LIFE. New things are living and growing and capable of changing.

I find it interesting that this verse asks the question, "do you not perceive it?" That means I could miss it. God could be doing new things, and I might just walk right by without even noticing them! In this verse, He calls us to look, to see, and to perceive all that He is doing.

I love that the end of this verse references back to God in some of His mighty acts throughout the Old Testament. Times when His power was on display even to those (the Israelites) who were ungrateful and who often missed the things He was doing in their lives for them. The Israelites witnessed some of the most astounding miracles God performed – a road through the wilderness to the Promised Land and live-giving water when they most needed a drink and when they needed a way to escape Pharaoh and his army at the Red Sea and later to cross the Jordan River into the Promised Land. Sometimes they praised and thanked Him. Other times they didn't even perceive it.

I need God's sameness, His stability and faithfulness. But I also need God's newness, the new things He stirs up in our lives. The unplanned steps for each of us that He alone knows and guides, at times can feel scary, but knowing they are in the hands of the Creator (who cares and knows each one of us the very best) allows even the new things to feel secure and safe and taken care of. We can trust Him; He has been faithful before and will be faithful again.

In running, many of us follow the same paths, the same courses week to week. It may feel safe and comfortable and routine. For others, the entire running process and journey is new. God often calls us to do new, scary things – and even the things that feel comfortable and familiar (like running the same path 3-4 times a week or doing the same distance race for yet another year), He still gives us new opportunities to try, new people to meet, new challenges to tackle, new milestones to accomplish even in a task we have done time and time again.

We just have to perceive it. We just have to be aware and to look for those moments and respond.

Our completely reliable, dependable, trustworthy, same God is also the God who can (and will) call us out to new adventures. May our eyes be open to recognize and our hearts ready to go on the journey. And then let's join Him, whether it's for the first time or for the thousandth time.

Carianne Gray

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?


SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**



BE ALERT AND OF SOBER MIND. YOUR
ENEMY THE DEVIL PROWLs AROUND LIKE A
ROARING LION LOOKING FOR SOMEONE
TO DEVOUR.

1 PETER 5:8

WEEK 13 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 13: Pray for the high demand of sex trafficking to decrease significantly and ultimately cease

Lord, our hearts are heavy since we've learned how many women and children are being sold for sex and how many people are willing to pay to abuse someone and rob a woman or child of their innocence. Jesus, show every sexual abuser how much pain and destruction they are causing and how angry their evil makes you. Bring about a conviction in their hearts that helps them to stop what they are doing and change their ways. We know that sometimes when people have been abused, they abuse others, so we ask for the freedom of the johns and traffickers. Show them that your way is better. Let the demand for sexual trafficking cease!

Rewrite the prayer or write your own in the space provided:

WEDNESDAY

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THURSDAY

ERV TRANSLATION:

TLB TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 13 | REFLECTION

1 Peter 5:8 – “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

I started my running career about 20 years ago when I was an undergraduate with a desire to stay in physical shape and avoid the dreaded “freshman 15.” At the time, I was running to avoid and escape...negative self-talk, drug and alcohol abuse, academic stress, an unhealthy relationship with food and my body...I used the run to try and “fix” these things. I was so focused on what I thought the run should do for me, that I wasn’t able to let God in. With so much focus on myself, there was no space for God, and plenty of opportunity for the devil to creep in.

Over the next decade, my dependence on substances grew worse, as did my obsession with running in an attempt to control my disordered eating and body image issues. I convinced myself that my destructive behavior wasn’t a problem... that as long as I was still active, I was okay. I was never of sober mind long enough to consider what God’s will was for my life. As my addiction progressed, my desire to run decreased. The devil truly was a lion in my life devouring everything that brought me any sense of joy. Until he had taken everything and left me completely empty.

In January 2014, God did for me what I could not do for myself, and He gave me an opportunity to recover. Being newly sober is like being a child exploring the world for the first time. I learned to trust, to love myself, to love others, to let God in, and to let go of all of those things I tried to control for so long. I found passion and strength in running again and had finally found the freedom I had been looking for.

Being alert and of sober mind allows me to let God in and let Him take control of my life. Although my mind has been sober for years, I still can get wrapped up in selfish and distorted thoughts. If I don’t take the time in the morning to let God in, I often struggle throughout the day. I find myself restless, irritable, discontent, and generally dissatisfied with everyone around me. I overreact, I attempt to control things I cannot, I am anxious, and I am hyper focused on anything in my life that I think should be different, including my run. I stress over my pace, my distance, where I think I should be in my training...and I usually burn out or injure myself.

The first sentence in this scripture, to “be alert and of sober mind” takes on two meanings for me. In the literal sense, I need to be sober in order to let God in and avoid getting devoured by the lion. But I also need to be alert. And for me that means letting God in. Taking the time in the morning to ask for His guidance and time at the end of the day to thank Him for the blessings He has given me. This is even more important during my training. When I wake up early to run before dawn, it’s easy to say “I don’t have enough time to pray,” then head out the door to run, leaving me vulnerable to the lurking lion. Connecting with other runners who follow a spiritual practice has helped me stay accountable to my faith, to God, and to myself. On the days that I take the time to let God in, I can find purpose in my run and I can run for the pure joy of running. Even on the days where the run leaves me physically and mentally exhausted, I can find a spiritual reprieve in God and freedom from the prowling lion.

Allison Herrst

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?


SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**



BEING CONFIDENT OF THIS, THAT HE WHO
BEGAN A GOOD WORK IN YOU WILL CARRY
IT ON TO COMPLETION UNTIL THE DAY OF
CHRIST JESUS.

PHILIPPIANS 1:6

WEEK 14 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 14: Pray for our world's broken view of sexuality to be shifted back to God's design and flourish as He intended

Father, forgive us for what we've done with one of your most beautiful gifts; sexuality. We've made it everything and nothing at the same time. Lord, heal our land of all forms of broken sexuality so we can live out your perfect design, not our own selfish and twisted desires. Help the world see each other as image-bearers of God, not sexual objects. If only we trusted in you instead of ourselves! Show us the meaning and beauty of sex as you intended. Help all who struggle with their sexuality in any way to trust in you and see your beauty.

Rewrite the prayer or write your own in the space provided:

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THURSDAY

TLB TRANSLATION:

VOICE TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 14 | REFLECTION

Philippians 1:6 *"being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."*

I joined the RidgeRunners' team in 2015, the first year that the charity cause was anti-human trafficking and Love Runs was created. I guess I'm considered an "OG," and I should note that at the time, I had never run anything before in my life. Running was brand new to me and over the course of the past 8 years, I've run the 5K, several half marathons and the full marathon with this team. God has used this team and running/walking to open my eyes to the very tragic and serious issue of human trafficking. In the beginning, it was mostly about the running for me and making new friends, in parallel, I was also learning and being educated about human trafficking. Over the years with the RidgeRunners' team, I have participated in many local outreaches, education campaigns and events with some Metro Detroit nonprofit groups who are working with victims and survivors. I've had the privilege of meeting and learning from many survivors as a result of being on this team.

Needless to say, after about 4 years on the team, it was less about the running and social aspect anymore, and more about the fundraising, raising awareness, and volunteer opportunities for me. This cause had captured my heart and there was no turning back; I couldn't pretend I didn't know what I did and hadn't seen and heard what I had. During that time, God had begun a good work in me and it was time to take the next step in my journey.

About 6 years ago I joined a local nonprofit organization that conducts weekly street outreach in Metro Detroit and ministers to men and women enslaved by street prostitution. I've been going on street outreach in our communities for the past 6 years, and I can honestly say I've been heartbroken in the best possible way. The first-hand experience and knowledge I've gained from developing relationships with men and women week to week has humbled me and grown my capacity for compassion and empathy. I've seen the struggles and challenges many women face when leaving these situations, which God has also used and opened a door for me to get involved with another nonprofit organization in Detroit that provides long term transitional housing for women that have come out of sex trafficking or commercial sexual exploitation.

I now sit on the Board of Directors for this organization which I don't feel entirely equipped or qualified for, but I've learned over the years that it's my job to just say "yes" when God calls, it's His job to make a way and equip me for what He's called me to do. One of my favorite quotes is, "God doesn't call the equipped, He equips the called." I feel like my journey the past nine years has been true of the verse (Phil 1:6). God began the good work in me 9 years ago that first season when I showed up at the RidgeRunners' informational meeting and felt the nudge, at that first Saturday group run where I had never run more than a mile in my life and didn't know a single person that was there and was absolutely terrified to ask people for money. And I am confident that He will see it through to completion, His way and in His timing. I am definitely along for the ride!

If you're new to the team or even a few years in, my advice is to be on the lookout for what God may have for you beyond just the running or walking. Ask Him if there's a next step He wants you to take related to this cause or the team. He began a good work in you too! And as long as you're open and willing, He will see it through to completion.

Lori Spiker

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**

A photograph of three runners (two men and one woman) jogging on a paved path through a wooded area. The image is overlaid with a semi-transparent blue filter. The runner on the left is wearing a dark shirt with 'LOVE RUNS' printed on it. The runner in the middle is wearing a light-colored shirt with 'TEAM' and 'RUN' visible. The runner on the right is wearing a dark shirt with a circular logo.

AS IRON SHARPENS IRON,
SO ONE PERSON SHARPENS ANOTHER.

—
PROVERBS 27:17

WEEK 15 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 15: Pray for all of those involved with Love Runs to come to know Jesus as their Lord and savior and to draw near to God

God, if there are any RidgeRunners who don't know you yet, we ask that you reveal yourself to them in a new way this season so that they come to know Jesus as your one and only Son who gave his life so that they might not die, but have everlasting life in you. And if it is your will, use our team to point others around us to you as well. And help those of us who are blessed to call you Father to draw even closer to you. Empty our hearts of ourselves and fill them with yourself. Thank you for giving us your Spirit and loving us enough to die for us! Amen.

Rewrite the prayer or write your own in the space provided:

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THURSDAY

AMP TRANSLATION:

VOICE TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 15 | REFLECTION

Proverbs 27:17 *"As iron sharpens iron, so one person sharpens another."*

2016 was my first year as a RidgeRunner. Prior to joining the team, I always felt like I was in control over my life. Any time an issue would come up, me and me alone would hit it head on. Many times, I was not making the best decisions and failing very hard.

The idea behind this verse is simple but powerful. One iron (blade) requires another to make it sharper, otherwise, by themselves, they will be dull and not very useful; this relates the same for a person. A community of people allows each individual to grow and become a better person by serving each other. God expects us to do life with others and serve one another.

Being part of the RidgeRunners' community for the last few years, I can say I've been both on the receiving side and the serving side. This group has allowed for the growth and deepening of my spiritual roots, as well as helped rub out some of those rough edges that I have, by coming alongside me, and supporting me. When you have such a positive community where others pour into you, serving others almost becomes automatic.

I still have many imperfections and lots more room for growth, but I also know that when you have a group of people like the RidgeRunners, God shows up in others and through you to make the world better.

Don't be afraid to lean on others when needed, and have the willingness to come alongside and offer help to others. God will equip you.

Nate Lockwood

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**



THE LORD WILL FIGHT FOR YOU; YOU NEED
ONLY TO BE STILL.

EXODUS 14:14

WEEK 16 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 16: Pray for the transformation of Detroit and Southeast Michigan, that God will make us into a beacon of hope that leads the way in the fight against sex trafficking

Jesus, King of Kings, we know the city of Detroit has not been an example of your love and your righteousness, and has failed to curb the tides of sexual trafficking. But you tell us that each day is a new day and a new chance to follow you. We want a revival to break out in Detroit. We have seen progress, but we want more. Give us god-fearing leaders, faithful teachers, and Christ-like police officers. Help our families to thrive and let a new light shine in the city. Let sex trafficking flourish no longer! Let sexual abuse cease and have no place here. Only you can do this, Lord. One day soon, help Detroit to be a city that you are proud of.

Rewrite the prayer or write your own in the space provided:

WEDNESDAY

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THURSDAY

ERV TRANSLATION:

NLT TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 16 | REFLECTION

Exodus 14:14 *"The Lord will fight for you; you only need to be still."*

Being still is not something I am good at doing. I am a planner. I like to know everything months in advance. I also have the need to know every single detail before I say yes to anything. Last season when my oldest daughter, Sylvia, wanted to switch from doing the kids' 1 mile run to the 5k, I wasn't sure how to make it work. We were starting at a new homeschool co-op, our schedule was already too full, and I had said yes to way too much already. Saying yes to Sylvia doing the 5K would mean adding another commitment. I was leaning towards no.

I started praying about it and felt that nudge. What if this was our parting sea moment? You know that, "Hey this makes no logical sense to say yes to," but God will part the sea and make it happen if we listen. I signed us both up and guess what? It did not go as I had planned it. Sylvia hurt her ankle a couple weeks before race weekend and was told, "You cannot run on this." My heart sank in that moment. I felt like I over thought everything and maybe this was one of those bad "yes" moments. Did God really call us to step back into this ministry again?

For about a week, I prayed daily asking, "What do I do? Do we show up anyways? It's only 3 miles." I was quiet, I was still, I was waiting and listening for that nudge again. "The Lord will fight for you; you only need to be still." But if you keep reading the next verse, it is, "Why are you crying out to me? Move on." Sometimes we need to keep reading, keep moving. I showed up to race day with a very frustrated teenager and God used that moment for Sylvia, for me, and for a complete stranger.

Halfway through our walk, Sylvia hit a wall. Mad at her doctor and mad at me for not letting her just run the race anyway, because she did not sign up to walk this thing. This is how our conversation went:

Me: "Did you sign up for this to come in first?"

Sylvia: "No, I signed up to help bring awareness to human trafficking."

Me: "Do you think women being trafficked enjoy what they are doing?"

Sylvia looking directly at me: "That's why I am forced to walk, because I don't want to and this is God's way of making this ministry make more sense to me?"

A couple minutes later I heard a lady behind us say, "Hey Love Runs!" Thinking it was a teammate, I turned around, but it wasn't. It was a lady with tears in her eyes. She said, "I've been running this for years and always see Love Runs, but had no idea what it was for, thank you." Two big God moments in just a few minutes.

Exodus 14:14 teaches us that God is in control. He will lead us through whatever we are facing. The promise that we can hold onto is not that we will have an easy life, but that God will be with us through it all. We don't fight our battles alone even the small ones.

Stephanie Gutierrez

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**



ABOVE ALL ELSE, GUARD YOUR HEART,
FOR EVERYTHING YOU DO FLOWS FROM IT.

PROVERBS 4:23

WEEK 17 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 17: Pray for there to be a new sense of empathy and compassion in the way the world sees prostitutes and all sex-trafficked victims...How society, government, law enforcement, even how the church sees victims

Dear Compassionate Father, thank you that you are a God who sees. Though we neglect each other regularly, you never do. Help us to be more like you. Don't let us turn our heads our look down our noses at the ones society deems worthless. And help society to no longer deem them worthless! When we see prostitutes and other sex-trafficked victims, don't let us focus on what's been done to them, or even what they've done. We want to be filled with compassion and empathy and understanding, not judgment, condemnation, and disdain. Please give our church, society, government, and nation a new love for the 'least of these.' Amen.

Rewrite the prayer or write your own in the space provided:

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THURSDAY

CEB TRANSLATION:

ERV TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 17 | REFLECTION

Proverbs 4:23 *“Above all else, guard your heart, for everything you do flows from it.”*

I have been running with the Love Runs kids’ team since 2018. I have run every year and enjoyed being one of the fastest kids. Last year, about two weeks before the 5k run, I went to the doctors for my annual checkup. My doctor told me the ligaments in my ankles were damaged and I should not run for at least 3 months (if I did my physical training every day). He also told me that by running, I was actually damaging them more! I needed to build the muscle in my ankles before even considering running.

I was so angry with my doctor. I had trained so hard, and he just ripped away any feeling of accomplishment when crossing the finish line. On the way home, I decided that if I could not run, I would not do the 5k. That last two weeks I did none of my training. What was the point?

Not only was I angry with my doctor, I was angry with God. I would often ask, “Why would you do this to me? I literally run to glorify you!” On race day, I ended up walking the 5k with my mom. After being so angry, I felt none of that on race day. I wasn’t even jealous of everyone who could run! As we waited for the race to begin, I realized that things could have been worse; I could have not been able to run at all!

To me this verse is less about guarding your heart from evil, and more about guarding your heart from serving in an unhappy or angry way. When you have a happy heart, every move you make shows it.

As I read this verse today, I realize that things may not be exactly how you want them to be, but in the end, God always has a better plan. I really enjoyed getting to do that race with my mom, and spending time with her. And guess what? I felt all of the accomplishment I needed because I had run God’s race, not my own.

Sylvia G., age 13

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

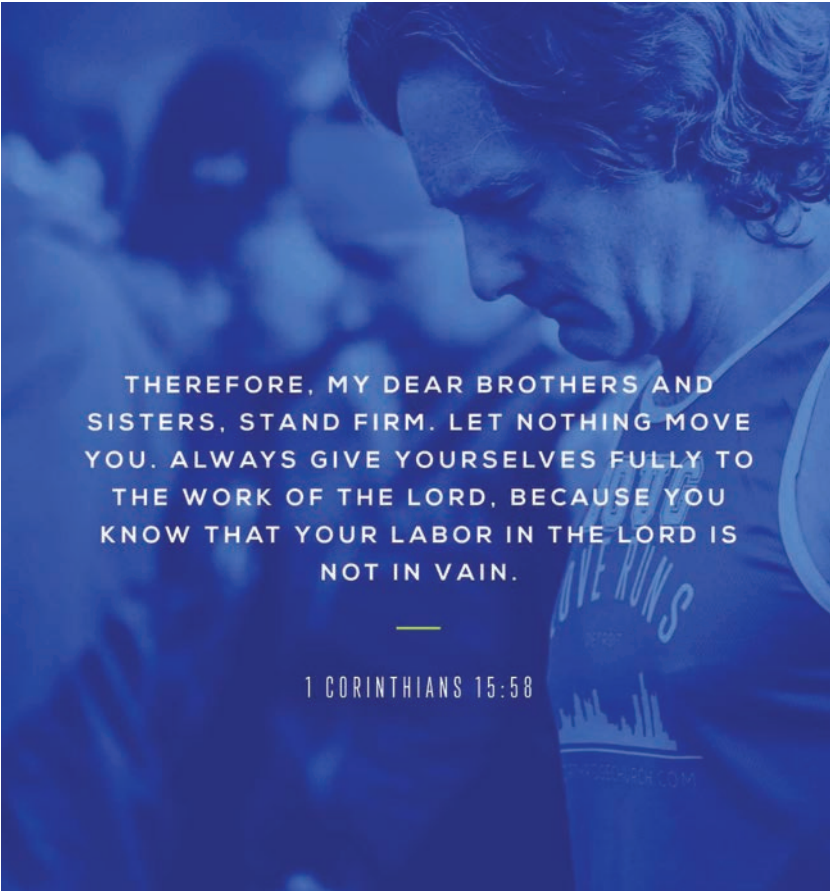
SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK, OR WITH YOUR CAPTAIN VIA EMAIL.



THEREFORE, MY DEAR BROTHERS AND
SISTERS, STAND FIRM. LET NOTHING MOVE
YOU. ALWAYS GIVE YOURSELVES FULLY TO
THE WORK OF THE LORD, BECAUSE YOU
KNOW THAT YOUR LABOR IN THE LORD IS
NOT IN VAIN.

—
1 CORINTHIANS 15:58

WEEK 18 | TRAINING LOG

MONDAY

MEMORY VERSE:

TUESDAY

WEEK 18: Pray for the lives of our team to shine in the darkness and to live out our 16 word mission

Good, good Father, help us to shine brightly in this dark, dark world. We want to abide so deeply within Christ that his radiance shines through us and wakes the world up to Jesus! Give us a greater love for your Word so we can tell them his truth. Fill our team with your love so we can spread it all around. We want the RidgeRunners to be a physical expression of your love. May we always remember that in you, we have everything we need to do this. Thank you for calling us into this incredible mission and may we give all the glory to you! Amen.

Rewrite the prayer or write your own in the space provided:

WEDNESDAY

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THURSDAY

AMP TRANSLATION:

TLB TRANSLATION:

YOUR HILL?

ACTION STEP:

WEEK 18 | REFLECTION

1 Corinthians 15:58 *"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."*

As I read this verse, and reflect on my past four years, and into my fifth year with Love Runs, I am reminded of all the things that can come up that could keep me from showing up to Saturday group runs or getting my weekly miles in. Things such as, I worked the night before a group run and I'm tired, I'm not in a good place with something in my life, my kids have something going on, or even I don't feel like it. I have even been through injuries and two surgeries. The surgeries alone took a toll on me mentally and it would have been so easy to give into the negative voice in my head.

No matter what is going on in my life, I try not to let it move me but instead, keep in mind my "why." I will admit, at times it is very hard to push that stuff aside and not get defeated, but our labor is so much greater than all that noise. Showing up and putting those miles in can help change your focus to the bigger picture at hand. We are the hands and feet of Jesus and we need to give ourselves fully to what we are fighting for. Our "why" is so much bigger than the things that want to move us, break us down, and defeat us. I don't know about you, but being with other like-minded freedom fighters sure does make me feel better.

I will always have obstacles trying to stop me but I will stand firm, be immovable, pray through them, and not let them take over. I will continue to give myself fully to the work we are doing and I am excited to do that with all you amazing freedom fighters.

Amanda Gryglas

FRIDAY

CAPTAIN’S INSIGHT REFLECTION:

PHYSICAL TRAINING:

SPIRITUAL TRAINING:

SATURDAY

GROUP CONNECT: What is it you need to share with others about this verse?

SUNDAY

TODAY'S VERSE:

- How does it connect with this week's memory verse?
- What was the biggest physical challenge of the week?
- What was the biggest spiritual challenge of the week?
- Do you notice any cross-lessons between the two?

Write one way the weekly verse helped you in your training:

**NOW SHARE! SHARE WITH YOUR TEAM ON FACEBOOK,
OR WITH YOUR CAPTAIN VIA EMAIL.**



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