

Here are four questions to think about his week:

1. What weighs you down?

Is there a fear, habit, or resentment slowing your race?

2. Where is God refining you right now?

Is there a conversation you're avoiding?
A truth you don't want to face?

3. Who are your running partners?

Who keeps you close to the fire
when you'd rather run away?
and

4. How will you carry the flame?

How will you live out justice, peace,
and reconciliation in your daily life?