

## Soul Training

*by Jeff Strong, p. 47*

**A look at the resurrection story unveils the parallels between theological health and a physical fitness regime.**

1. The first training principle Jeff Strong identifies is that it feels unnatural. When have you begun a ritual, either spiritual or physical, that felt awkward at first but is now more comfortable?
2. How does the practice of training in community improve spiritual growth? When do you cultivate your spiritual development with others?
3. Strong states, “Discipleship to Jesus demands a liturgy of planned disruption.” What do you think this means?
4. Our spiritual diet is as much about what not to eat as it is about what we should eat. What spiritual nutrition has been the most beneficial for you? What do you feel convicted to eliminate from your spiritual diet?
5. Which training principle can you relate to most in your experience with athletic or spiritual pursuits?