

Heavy Lifting

By Linda Sladkey, p. 54

From circus school to national competitions, how one Covenanter discovered her inner strength—literally.

1. What was the last song you sang along to?
2. What is the most daring feat you have ever done?
3. Merideth Randles says she was a math nerd in high school, but she now has multiple athletic interests. What area of your life now would surprise your high school classmates?
4. Randles says, “When I feel my training gain traction, it gives me a broader sense of what is possible.” How could that statement apply to spiritual training?
5. Do you agree there is a parallel between the stress and recovery of our physical bodies and the stress and recovery of our spiritual selves? What biblical stories or passages reinforce that theory?