

Training for Dependence

By Tyler Johnson, p. 40

What Tae Kwon Do can teach us about discipleship

1. Tyler Johnson originally signed up for Tae Kwon Do as an easy college credit. What PE courses do you remember most from high school or college?
2. Mathein Pathein translates to “to learn is to suffer.” What have you recently learned that required a measure of suffering?
3. How does “muscle memory” help us in a spiritual sense?