

## Extreme *Spirituality*



### Reader's Guide

- 1) Jan McGilliard decided to run a marathon, in part, because a friend said “you were made for this” (p. 4). When has a friend helped you with some spiritual discernment?
- 2) What do you love to do? In what ways does doing what we love to do make us more receptive to spiritual experiences?
- 3) Hansen Wendlandt describes a kairos moment where God comes in at just the right time to guide our choices (see p. 7). Describe a kairos moment in your own life.
- 4) Judith Rock’s article “Physical Versus Spiritual?” offers a unique angle on the topic of “Extreme Spirituality.” She reminds us that the physicality of the spiritual life is not restricted to those who are athletic or adventurous. What does it mean to you to encounter God “in and through the glorious, embarrassing, spectacularly complex flesh” (p. 9)?
- 5) Would you be willing to share photos of your experiences of “extreme spirituality?” You can post your photos on the Hungryhearts page at <http://www.flickr.com/groups/531418@N21/>