



Session #1 (Page 1 of 2)

"Introduction" Video

Time
2 : 31

Participative Q & A Video

2 : 00

Notes:

Name a few Disciplines people can master?

Notes:

Why is reading God's Word considered a Discipline?

"What are Intentional Methodologies?" Video

11 : 54

Participative Q & A Video

2 : 00

Notes:

What Intentional Methodologies do you practice right now?

Notes:

How do you feel about the Sprint to Marathon Intentional Methodologies?

"How to Introduction" Video

2 : 01

Participative Q & A Video

2 : 00

Notes:

How can Intentional Methodologies save you time and effort?

Notes:

Why are these videos similar to Stretching, Hydrating and Warming up before doing a Sprint and Marathon?



Session #1 (Page 2 of 2)

Time

"Continuity" Video

1 : 23

Participative Q & A Video

2 : 00

Notes:

Why is continuity so important in life?

Notes:

Describe a past bad continuity conversation that turned hilarious.

"Consistency" Video

1 : 23

Participative Q & A Video

2 : 00

Notes:

Why is consistency so important in life?

Notes:

Certainty Consistency builds momentum. What else does consistency build?

"The Pizza Page" Video

5 : 09

Participative Q & A Video

2 : 00

Notes:

What Bible version do you like and why?

Notes:

What Bible version do you not like and why?

Notes:

Homework for success: Fill out your Pizza Page and bring it to session 2



Session #2 (Page 1 of 2)

Time

Participative Q & A Video (Pizza Page Review)

2 : 00

Notes:

Everyone share a couple ingredients they like and dislike from their Pizza Page and explain why.

"Daily time test" Video

1 : 40

"As Iron sharpens Iron" Video

2 : 05

Participative Q & A Video

2 : 00

Notes:

Everyone share how long you think it will take you to read each day and explain why?

Notes:

*Have you ever had an Iron sharpen Iron partner in life?
Who was it? What was it for? How did it go?*

"The Coaches Sheet" Video

3 : 39

"Starting a Legacy" Video

2 : 00

Participative Q & A Video

2 : 00

Notes:

Who would be the funniest coach in this Zoom session?

Notes:

Have you ever had a coach in life? Who was it? What was it for? How did it go?

Notes:

Who would you want this legacy to be read by and go to; why?



Session #2 (Page 2 of 2)

	Time
<u>"Preparing for Success" Video</u>	4 : 35
<u>"The double I lines" Video</u>	3 : 15
<u>Participative Q & A Video</u>	2 : 00

Notes:

Share a time when lack of preparation impacted the outcome in a funny way.

Notes:

Describe a time when Inspiration or Interruptions have knocked you off track.

<u>"Creating Anticipation" Video</u>	2 : 17
<u>"Mishap patch page" Video</u>	3 : 36
<u>Participative Q & A Video</u>	2 : 00

Notes:

What in life drives you crazy when you don't complete it?

Notes:

Name some events in the past you wish you had a Mishap Page for

<u>"Thought to Comment line" Video</u>	1 : 30
<u>Participative Q & A Video</u>	2 : 00

Notes:

Everyone share a short Thought to Comment phrase about anyone's hair in this Zoom session.

Notes:

Everyone share a short Thought to Comment phrase about John 11:35 "Jesus Wept"

Notes:

Homework for Success: Test and discover your daily time commitment and write your results as large as you can on a sheet of paper and bring it to the next session

Notes:

Homework for success: Have a coach or Iron sharpens iron partners

Notes:

Homework for Success: Fill in the first half of your legacy page.

Session #2 Completed **Total time** **37 : 37**



Session #3 (Page 1 of 3)

Time

Participative Q & A Video

2 : 00

Notes:

Figure out who has the longest reading time and the shortest reading time by showing your time results you wrote on your piece of paper

Notes:

If you still need an iron sharpens iron partner or a coach raise your hand

"Introduction to Rabbit Trail Pause Pages" Video

3 : 35

Participative Q & A Video

1 : 00

Notes:

Raise your hand if you've been on a rabbit trail in life

Notes:

Someone share a hilarious life rabbit trail experience

"Confusing Verses" Video

3 : 35

"Favorite Scriptures" Video

1 : 28

Participative Q & A Video

1 : 00

Notes:

Everyone take turns and share some "Confusing verses" and explain why

Notes:

Take turns and share some "Favorite verses" and explain why



Session #3 (Page 2 of 3)

Time

"Verses I want to share" Video

1 : 33

"Verses I do not like" Video

1 : 47

"Verses I want to dig deeper into" Video

2 : 25

Participative Q & A Video

1 : 00

Notes:

Raise your hand if you have shared verses

Notes:

What Bible verses would you dig deeper into?

Notes:

Is it OK to dislike some Bible verses? Explain why.

"Scriptures I Love" Video

2 : 17

"Scriptures that turned on a light" Video

2 : 26

Participative Q & A Video

1 : 00

Notes:

Everyone take turns and share some "Verses that turned on a light for you"

Notes:

Share some "Verses you love" and explain why

"Scriptures that create formulas" Video

3 : 47

Participative Q & A Video

1 : 00

Notes:

Raise your left hand if you are a Formula scripture person

Notes:

Raise your right hand if you have no clue what Formula scriptures are

Notes:

Someone give a Formula Scripture example



Session #3 (Page 3 of 3)

Time

"Rabbit Trail Conclusion" Video

1 : 15

Participative Q & A Video

2 : 00

Notes:

Raise your hand if you have ever been on a "Biblical Rabbit Trail"

Notes:

Take turns and share a time when you have experienced a "Biblical Rabbit Trail"

"Magnifying Glass" Video

1 : 56

Participative Q & A Video

1 : 00

Notes:

Raise your hand if you have ever lost your car

Notes:

Raise your hand if you have ever lost the location of a scripture reference

Notes:

Someone share a funny lost car story

"Treasure Hunting" Video

2 : 03

Participative Q & A Video

2 : 00

Notes:

Everyone see how many Biblical names you can come up with for God in the next 30 seconds

Notes:

Everyone take turns and share some "Verses they've memorized" explain why

"Perspective & Attributions" Video

2 : 14

Session #3 Completed

Total time

40 : 21