

QUESTIONS



01 What impacted you most in the video, and why?

05 What 'heavy rocks' have you had to deal with in your life? How did you get through them?

09 Have you ever lost something and gained so much more as a result?

02 What gives you a sense of purpose in your life?

06 When has someone shown you compassion? What impact did it have on you?

10 What surprised you most about the attitude of the people in the film?

03 What provides you with hope?

07 'This is Church.' Do you agree?

11 Transformation is possible in people's lives through God's limitless grace. When have you seen or experienced transformation?

04 How do you think boxing, fitness and exercise classes can improve someone's mental health and wellbeing?

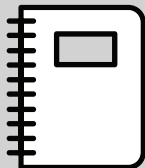
08 How can the Church demonstrate a welcome to all?

12 Is there an area of life where you are currently seeking transformation?

GOALS



MY INCENTIVE



MY PLAN



MY HOPE