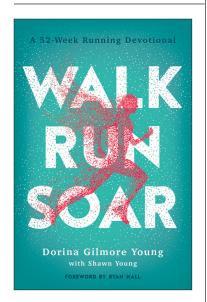




SAMPLE INTERVIEW QUESTIONS

- 1. *Walk, Run, Soar* is a yearlong devotional made for runners. Dorina, talk to us about when and why you started running.
- 2. Would you mind telling us a little bit about the grief you experienced when your husband died? How did that affect your running and your relationship with God?
- 3. The Old Testament talks a lot about courage. What is biblical courage? What has running taught you about courage?
- 4. In one of your devotions, you talk about running *through* hurdles rather than over them. This is such a great way to connect running with the Christian walk. What should our focus be as Christians when we encounter a hurdle?
- 5. In another devotion, you talk about having the proper gear—the shoes, socks, and clothes that suit your environment. What "gear" do we need and have as Christians?
- 6. Trusting your coach is a huge part of training in running and really in any sport. How do we see this mirrored in Scripture? Who have been some influential coaches in your life?
- 7. You talk a lot in the book about the importance of rest and self-care. How are these related to the practice of running or regular exercise? How do you see running as soul care?
- 8. Tell us about the "faith steps" included at the end of each devo.
- 9. You also include a chart to log miles each week. What are some ways that we can similarly "measure" our faith walks?
- 10. What is your prayer for the runners who pick up this book?
- 11. What advice can you offer to someone on the edge of starting something new—maybe it's running, tennis, or another sport, but maybe it's a volunteer position at church or a job that God is calling them to?
- 12. Where can our audience go to connect with you and purchase a copy of *Walk*, *Run*, *Soar*?



Walk, Run, Soar

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