

Discussion Questions for *The Iron Saint* by MaryAnn Diorio, PhD

1. Have you ever participated in a race? Perhaps a marathon or half-marathon? Maybe you have even participated in an Iron Man event. If so, you understand the necessity of proper training before the event. The Christian life is described in 1 Corinthians 9: 24 as a race. The implication is that to win the race of the Christian life, training is essential. In what ways are you training to win your Christian race?
2. Just as three key areas of training are involved in becoming an Iron Man, so those same three areas of training are involved in becoming an Iron Saint. Those three areas are building spiritual strength, fueling spiritual strength, and transitioning from glory to glory. Describe each of these areas of training in your own words.
3. The Christian life is a journey from independence to total dependence on God. How has God been teaching you to become totally dependent on Him?
4. Why is obedience to the Word of God indispensable in becoming an Iron Saint? What role does obedience to God in restoring the soul? (See 1 Peter 1: 22).
5. How does trusting God lead to rest and peace?
6. Is total dependence on God a sign of weakness or strength? Why did you choose the answer you chose.
7. It is not how one starts the race that matters most. It is how one finishes it. What are some ways that a Christian can endure to the end and finish the race with joy?
8. What role do our words play in running the race and finishing strong? (See Proverbs 18: 21).
9. Why is fellowship with other believers critically important to running and finishing our race?
10. Why is dying to one's own will and submitting to the will of God the foundation of becoming an Iron Saint?

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THE IRON SAINT

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