

Another 20 Feet

Through *tragedy*, *adventure*, and *triumph* –
one man's quest to understand God's role



STUDY GUIDE

Another 20 Feet

Through *tragedy, adventure, and triumph* –
one man’s quest to understand God’s role

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Inquiries regarding permission for use of the material contained in this book should be addressed to: Info@ArcorFit.com

Credits

Editing:

Positively Proofed

info@positivelyproofed.com

Design, art direction, and production:

Melissa Farr,

Back Porch Creative

info@backporchcreative.com

Dear Reader,

I'm excited for you to start the *Another 20 Feet* journey. I wrote this book specifically with you in mind. My hope is that you will come away with a newfound perspective on our Creator, one that will allow you to engage with Him and live life like you never knew was possible.

For your own benefit, take time to really read the study guide questions and think about your answers thoroughly before writing them down. You will get out of it what you put into it. Don't say what you think someone wants to hear; say exactly what's on your heart and mind.

It doesn't matter where you are in your relationship with God or if you even have one at all. All that matters is that you get started.



Aaron Hulett

For more resources, please visit my website at www.ArcorFit.com

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What's It All About?

1. Has a family member, teacher or coach had a positive impact on your life like the Whitneys did for Aaron?

2. Have you ever had doubts about who God is or if He is even real? If you've overcome those doubts, how did you do it?

If you are still struggling with those doubts, how do you think you may be able to go about getting answers?

3. Sometimes it can be easy to fall into the trap of feeling like going to church is an obligation. It's almost as if you've become numb to it and its purpose has faded. Why do you think that is and what can you do about it?

4. What did the author mean when he was struggling through different religions and he said, "It only changed when I began to seek the truth, not comfort or happiness"?

5. Have you ever had an experience where someone treated you unfairly or offended you? Sometimes we give authority to those hurts by allowing them to keep us out of a group of friends, our church or elsewhere. What can you do to safeguard against this?

Bible Readings: Ephesians 6:12

John 14:6

John 8:31-32



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Pursuing a Dream ... My Way

1. Have you ever felt like you were out there just trying to find your place in life or where you fit in? If so, how important do you think taking action toward a solution is?

2. The author states that “failure is a critical part of success.” Have you ever failed at something only to later realize that it was not a stumbling block but a building block? If so, explain.

3. Have you ever gone through something life-changing like a financial tragedy, loss of a loved one, addiction, etc.? If so, how did you handle it?

If it happens again, will you handle it the same way or differently next time?

Bible Readings: Psalms 73:26
James 1:2-4



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The Downfall

1. The author said that he realized that “anxiety was simply disguised fear.” He also said that “you can’t hear God in fear.” What did he mean by this?

2. The author talks about a turning-point experience at his kitchen table. Have you ever challenged God in a similar way? If so, what was the end result?

3. Aaron reflected on how friends George and Lee had a big impact on his life, saying “God had given them the gift of adversity. It was that seasoning in life that gave them the wisdom and character to become the individuals they are.” What adversity have you experienced? What good has come from it?

4. Aaron referred to his Green Book when discussing his failed business: “My Green Book, and all I had thought about, worked for and focused on for many years, now seemed like one huge failure.” Have you ever put a large amount of your time and energy into a marriage, job or project, only to see it fail? What did you learn from that?

Bible Readings: Proverbs 12:25
Philippians 4:6-7
Philippians 4:12-13



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Riding My Bike

1. The author talked about going “freestyle” on his bike and using those rides to have long, uninterrupted, open-ended conversations with God. What do you think could happen in your relationship with Him if you consistently spent time with Him?

2. In the section called Learning a Second Language, the author refers to God speaking to us in whispers and nudges. Do you believe God has the ability to do this and, more importantly, do you believe that He will do this with you?

3. While praying or reading your Bible, or any other time, have you ever felt a sense of unexplainable peace come over you? Do you believe that was the Holy Spirit comforting you?

4. The author talked about “listening prayers,” meaning being still and in God’s presence, shutting out the busyness of our lives. It is to pray less with your mind and more with your heart. Have you ever applied this to your Bible and prayer time? If not, would you be willing to do so consistently and without interruptions?

5. The author refers to having safeguards in place to be sure that what you’re hearing is from God. One of those safeguards includes making sure that what you’re hearing lines up with Scripture. If you don’t read God’s word consistently, how can you expect to effectively know what lines up with Scripture?

Bible Readings: John 14:16-17

Luke 5:16

2 Thessalonians 3:3



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It Got Worse Before It Got Better

1. The author spoke about what a divorce attorney said to him. Sometimes our problems are obvious, but we are so blinded by our circumstances that we can't see them. Do you have a relationship right now that could be strained and you don't even know it? Take a moment to really think about this.

2. The author talked about his experience at church three weeks after he realized his marriage was ending in divorce. He experienced the very real presence of God that day, which led directly to forgiveness. Have you ever had someone wrong you whom you haven't forgiven yet? What's holding you back?

By not forgiving them, is it affecting them more or you?

3. The author talks about what he calls our “superpowers.” He states that we all have something that we excel in that comes naturally. What is your superpower?

4. The author noted that as he got closer to God, it changed other areas of his life. He began to develop the mindset of wanting to give back and help others. Maybe you have thought about how you could help others. Is there a specific project or place that you’ve wanted to serve in your community? If so, what’s holding you back?

Bible Readings: 1 Peter 4:10-11
1 Corinthians 12:4-6
Philippians 2:3-4



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Pursuing a Dream ... His Way

1. The author speaks about being “in sync” with God. He uses an outline of eight things to do that can help guide you in decision making or many other areas of life. Have you ever thought about being this deliberate in your relationship with God? If not, would you be willing to try?

2. The last step of those eight items is called “Outcome.” The author says, “After you step out in faith with this process, you will eventually see results.” He is asking us to look back and analyze this process as we engage with it on different matters. What did he mean and why would he want us to do that?

3. One of the quotes in the book is, “Without a goal, it’s easier to lose focus on anything we do in life.” Have you ever tried to accomplish something without setting a goal or a focal point? If so, how did this work out? Why is setting a goal important?

4. The author refers to giving up control to God. He says, "I had already made the decision to let go and let God guide my season." Have you ever given God complete control over anything? Is there something in your life right now that you know you need to let go and give Him control of?

Bible Readings: Romans 12:2
Jeremiah 29:11-13
Proverbs 3:13-18
Proverbs 4: 25-26



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Training

1. The author referred to what he called his “internal dialogue.” He said, “I was aware of the fear, but I learned to redirect that focus.” He went on to say, “The power of God in us, coupled with our ability to direct our intentions, is immense.” What does he mean? What specific situation in your life applies to this today?

2. When reflecting on his climb up the ski hill on the second lap, the author said, “I mentally gave up conquering the hill before I even got there.” We often defeat ourselves in many areas of life before we even get started. Give a specific example of how you have done that and what you will do so that never happens again.

3. The author said that the key was to not look too far up the hill. Instead, he focused on 20 feet at a time, then going another 20 feet. He said, “You can go anywhere you want in life, 20 feet at a time.” What does he mean?

4. This quote about God is mentioned: “He isn’t always interested in our success; He’s interested in our character.” What does this mean to you?

5. The author said, “The accomplishment of anything worthy—having better relationships, building a business, getting closer to God, overcoming an addiction, losing weight, you name it—is a process.” What area of your life have you tried to take a shortcut on recently? Did you get the results you wanted?

Bible Readings: 2 Timothy 1:7
Proverbs 16:9
Romans 5:3-5



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The Race

1. Coach Jackie gave Aaron invaluable advice before the start of the race. She said, “When the gun goes off, many people will start out fast. Let them go!” Often in life, we want to keep up with others or compare ourselves to them instead of riding our own race. How has this mindset affected some of your outcomes?

2. The author uses a metaphor about endurance athletes who have a book of matches at the start of a race. There are only so many matches, so an athlete has to use them wisely. In everyday life, our matches could be time, talents, resources, etc. Are you using all of your matches wisely?

3. Using test rides at home as his guide, Aaron prepared his bike with all the gear, food, and water he needed to complete the race. Once he encountered rough terrain during the race, he realized much of his planning wouldn't work. He had to improvise. How do you handle it when your plans go awry and life throws unexpected obstacles at you?

Bible Readings: 1 Timothy 4:14
Psalms 46:1-2



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The Going Gets Tough

1. In the Marji Gesick race, most riders' biggest goal is to just finish the race. There is an unwritten rule that competitors randomly help each other out if needed. How can you apply this kind of camaraderie in your daily life, at work, home, etc.?

2. After crashing on his bike, the author stated, "It's not what happens to you in life, it's how you choose to react." Have you ever had something unexpected happen where you reacted badly? What would you do differently next time?

3. The author discussed controlling his thoughts: "If unchecked, those small, negative thoughts always lead to larger ones." Have you ever had a negative thought that started out small but grew as you dwelled on it? If so, what was the outcome? How could you do it differently next time?

4. What did the author mean when he said, “You can’t learn much about yourself if you’re always comfortable? If you get better in one area of life by being uncomfortable, it will automatically raise your level of play in all other areas as well”?

5. The author’s friend George shared, “If you focus on the problem, you’re going to be stuck. If you focus on God and let the solution come to you, you’ll always be better off.” What does this quote mean to you?

Bible Readings: Philippians 4:8
Joshua 1:9



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Help From Unexpected Places

1. When faced with no GPS and no real way to see the course markings at night, the author said, “I had made up my mind that I was finishing this race one way or another, the only plan I could think of was to just start riding and figure it out.” Sometimes when it seems like there is no hope or any way out, it’s easy to give up. That’s when we have no choice but to go on faith. What can you do to start living with more faith in your life?

2. A stranger named Cameron joined Aaron in the last and hardest stretch of the race. Has God ever brought someone into your life who helped or encouraged you? If so, how did that make you feel?

3. Aaron says, “I believe that we are all individually created by God as masterpieces, His works of art. We often fall so far short of our true potential.” What does he mean by that? In what two ways are you falling short of your true potential?

4. Near the very end of the race, Cameron's headlight went out. He ended up riding right on Aaron's back wheel to use Aaron's light. Sometimes in life we need a helping hand, but too often our pride, egos or attitudes get in the way of accepting that help. Would you let that happen if and when you need help?

5. What does "sometimes the setback is the path" mean to you? More importantly, how can you apply its meaning to your life?

Bible Readings: Hebrews 11:1
Ephesians 2:10
Psalms 139:13-16
1Thessalonians 5:11



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Perspective

1. Cyclists often take turns drafting off each other, or riding right on the back wheel of the rider in front of them. They can save as much as 30 percent of their energy doing this. When was a time that you were out of God's draft and tried to do things on your own without Him? How did that end up for you?

2. The author said, "Our completeness as a person doesn't revolve around what we do, what our hobbies are, whom we love, or even our family. It revolves around one thing, our relationship with our Creator." Write down one area of your life that you put in front of God. Next, write down how you're going to change that.

3. Aaron shared that we all have a certain level of brokenness, "So many of us walk around with these broken pieces, looking for someone else (boyfriend, girlfriend, spouse) or something else (work, hobby, bad habits). We seem to look for the broken pieces that fit our broken pieces. We often think that those that fit together will make us whole. The truth is, they never will." What does the author mean?

4. The author used a wooden ruler to help us visualize putting things in perspective. He said, “His ways are not our ways. He sees the much bigger picture. One of the greatest visible examples of this capacity in which God works is hindsight.” Have you ever had a time when you had an issue that you didn’t think God was working on, but weeks, months or even years later you could see that He really was involved the whole time? Write about that.

Bible Reading: Psalms 91



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Conclusion

We have discussed a lot in this book and even more probing topics in this study guide. As you can see, the importance of having a relationship with Jesus is the foundation in which all other areas of our lives are built.

“If you want to know how God thinks, look at Jesus’ life. If you want to know what’s important to God, look at Jesus’ life. If you want to know God, look at Jesus.”

Many of you may already have a flourishing relationship with our Creator, but many may not. If you don’t but want to, keep reading!

Making a Commitment

Are you ready to truly accept Jesus into your heart and life? It’s so simple and easy to do.

Romans 10:9-10 NIV says, *If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.*

All you have to do is say this prayer, but say it with your heart and not so much with your mind.

Dear God, I know that I’m a sinner and I ask for your forgiveness. I believe Jesus Christ is your son. I believe that He died for my sins and that you raised Him to life. I want to trust Him as my Savior and follow Him as Lord from this day forward. Guide my life and help me to do your will. I pray this in the name of Jesus, Amen.

Next, find a good church to attend. As a starting point, look for a church that preaches from the Bible and states that Jesus is the only way to God.

Keep It Going!

The key to continually growing in your relationship with Christ and many other areas of your life is to learn to control one thing: your habits. If you develop good habits, good things will come.

The Arcor Challenge is designed to help you focus on the most important habits in life, starting with learning to be spiritually and physically fit.



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