

# SEVEN LIFE LESSONS LEARNED FROM A MARATHONER

1. We Need Community
2. Pull Back to Gain Perspective
3. Check Progress
4. Set a Goal
5. Train and Practice
6. Believe the Goal Is Possible
7. Pace the Race

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Jesus looked at them and said,  
“With man this is impossible,  
but with God all things are possible.”

*Matthew 19:26 NIV*