

# SPRINT

## Guide for College Students

*UPDATED 02/07/21*

## A LETTER FROM THE FINISH LINE TEAM

Dear Friend,

We are deeply honored that you have chosen to walk through this program over the upcoming weeks. It is hard to believe how many ways God has directly intervened through countless individuals to make this a reality. No single person could have ever gotten to this point on their own. And we continue to be amazed by what God is doing every day. He frequently chooses to show us only one step at a time and allows us to trust him for the rest.

God has touched each of us on the Finish Line team in powerful ways and each of our stories is unique. Our deep desire is that you would experience some of that change as you walk through the rest of this program. Like anything worthwhile, this program requires commitment and a bit of effort. But we truly believe that the reward for that effort is completely worth it.

We are in the business of creating an environment for heart change. But we know that we can never change hearts ourselves. That is the work of God. If we could offer a single word of advice as you look to get started, it would be to invite God into your life. Please don't try to get through this one on your own. Lift up your thoughts frequently in prayer each week. Share with your Creator what you are struggling with and where you are trying to go. And allow Him to speak into your heart. Give yourself periods of silence from time to time to simply listen for what the Spirit might have to say.

Know that we are praying for you and care about you. We have nothing to gain except being able to celebrate what God is doing, and has been doing. And we're excited to have you along for the ride.

Your friends,

Kealan, Cody, and crew  
[www.finishlinepledge.com](http://www.finishlinepledge.com)

P.S. We're quite friendly - if you ever want to chat, you know where to find us!  
[www.finishlinepledge.com/contact/](http://www.finishlinepledge.com/contact/)

## HOSTING A SPRINT

SPRINTs are self-led programs for small groups. That means you don't have to have a trained leader or someone who has been through the program before. All you need is a place and some friends. There are 5 weeks worth of material and each week takes approximately 60-90 minutes.

SPRINTs are meant for small groups. We have found that the ideal group size is between 4-8 people. Of course you are welcome to include more, but you may find that sessions may start running long, or that people stop contributing as much as they would in a smaller setting.

## TIPS FOR SPRINT HOSTS

This guide includes everything your group needs to work through the program. That being said, there are a couple things to consider to help your group run as smoothly as possible:

- **Register your group:** You can register your group for free at [www.finishlinepledge.com/register](http://www.finishlinepledge.com/register). There is a reminder after Week 1 if you forget to register ahead of time.
- **Print the materials each week** (or have everyone print their own copy): There are a number of worksheets and reflection sections throughout the guide. It will be helpful for people to have their guide on paper during your discussions each week.
- **Have a laptop or Smart TV available:** There are several videos to show throughout the program. If possible, have a laptop or TV with access to a web browser that you can show the videos on.
- **Everyone needs a device:** For a number of weeks, each person will need access to a device of their own with internet access in order to use some of the calculators on the Finish Line Pledge website. A smartphone works just fine. If someone does not have access to a device, see if someone can provide a second device with internet access.
- **Email reminders each week:** It is helpful to send a brief reminder email a few days before each week's meeting. You can remind your group of any outstanding tasks to complete at home and can send out the upcoming week's PDF guide.
- **Reach out if you need help:** Many SPRINT hosts have never been through the program themselves and are experiencing everything for the first time with their group. Even though the program is designed to be self-contained with no prior experience needed, questions may still arise. You can always reach out to the facebook group at [www.facebook.com/groups/finishlinecommunity/](http://www.facebook.com/groups/finishlinecommunity/) or to the Finish Line team at [www.finishlinepledge.com/contact](http://www.finishlinepledge.com/contact). We want you to succeed!

## HOW TO USE THIS GUIDE

This guide includes everything a small group or couple needs for a SPRINT. The sections are designed to be worked through weekly, although you can work through them at whatever pace makes sense for you. Along the way, instructions are generally in *italics* and discussion questions are generally in **bold**. Everything else should be read out loud as you go.

Of course, the host can read everything out loud themselves. But it is often more engaging to have a different “narrator” each week or to use a “popcorn” style of reading where someone reads for a paragraph or two and then chooses someone else to read for a bit. Don’t worry, narrating is easy! No need to read through things ahead of time.

At the end of each week, there are a few short activities to complete at home. These are important for the following weeks, so please don’t neglect them!

## A NOTE ABOUT UPDATES

Currently, the SPRINT program is undergoing frequent updates and improvements based on a variety of feedback. If you and your group are planning on starting a SPRINT, consider checking the website for updates prior to each week so you can have access to the latest material.

The update time of your SPRINT guide is visible on the front page and in the footer of every subsequent page. Make sure everyone in your group has the same version!

You can always find the latest version of the SPRINT program on the Finish Line Pledge website at [www.finishlinepledge.com/sprint/](http://www.finishlinepledge.com/sprint/).

## SUBMITTING FEEDBACK

If you have suggestions about how we can improve the SPRINT program, please let us know! You can leave feedback at [www.finishlinepledge.com/feedback](http://www.finishlinepledge.com/feedback) or by contacting the Finish Line team at [www.finishlinepledge.com/contact/](http://www.finishlinepledge.com/contact/). Thanks for your help making the program better!

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