After your child or grandchild has read the magazine, go through these questions as a family (you may even want to read the stories yourself).

Swimming in the Deep End (pp. 6-7)

1. God wants us to swim against the stream but also stay in groups. Would you rather act like a salmon or a herring? Why?
2. Western gray whales can swim 14,000 miles in six months. Talk about a big goal you want to accomplish before the end of the year. What will motivate you to keep going?

God’s Bodily Oddities (pp. 12-13)

1. God designed muscles to work in pairs. Friends work that way too! Who pulls you in the right direction? Do you help them in return?
2. Athletes develop muscle memory by practicing the same motion over and over until they can do it without thinking. How can you exercise your kindness muscles or faith muscles? Does being kind or reading the Bible get easier with repetition?

Going for Gold (pp. 20-23)

1. Which Olympic sport looks fun to you? Why?
2. Volleyball star Micah Christenson said he’d encourage his middle-school self to build more relationships with other believers. Why is it important to spend time with Christians your own age?
3. Kelsi missed the 2016 Olympic finals by .04 seconds. Does failure motivate you to work harder or make you want to quit? Why?
4. Shot-putter Michelle Carter embraces her size as a gift from God. Do you ever feel self-conscious about your looks? How does that affect the way you treat others?
5. Micah, Kelsi and Michelle all won Olympic medals, but the greatest moment of their lives was trusting in Jesus. Have you trusted Jesus as your Savior? If not, say the prayer on page 23.

Fight for Right (pp. 24-27)

1. Carter’s dojo has the motto: Leave Your Shoes and Your Pride at the Door. Why do students and teachers need humility?
2. Read Luke 19:11-27. How does this parable apply to friendship? Why does Jesus want you to “invest” in people around you?

Family Prayer:
Lord, You made each person special. Please give me humility as I learn to trust my teammates, to make lasting friendships on and off the field and to share the ball (and the spotlight). Amen

Iron sharpens iron, and one man sharpens another.” —Proverbs 27:17