



Ministry Pivot “The Calling” with Kendall Ellis

Description: During this special episode, Russell St. Bernard speaks with Kendall Ellis, professional track and field athlete for New Balance. They discuss Kendall’s career in track and field, the role God has played in her life, and much more.

Listen to the conversation, download the resources, and discuss it with your team and staff.

More about Kendall -> https://en.wikipedia.org/wiki/Kendall_Ellis

Takeaways:

- Kendall didn’t realize that her talent was a natural gift until high school and later in college.
- Here is a clip to one of the races that Kendall won to set her course <https://www.youtube.com/watch?v=e9XUf0FGCTs>
- Kendall allowed her faith in God to power her through the pre-game anxiety that she had early in her career. Kendall continues to lean on her faith as an anchor during races and all situations in her life.
- The process toward being a professional athlete was a trying time, but it strengthened her faith and trust in God.
- God won’t always show you what the next step might be, but our role is to trust Him through the process.
- Resource book
 - o Tony Dungy Uncommon Life

Final Takeaway:

- God has a plan that you’re part of, but we have to wait and trust God during the process.

Discussion Questions: (Ask yourself and a friend these questions and answer honestly)

- When was the last time you decided to trust God even when it didn’t make sense?
- Kendall had to encourage herself in some seasons with the help of friends and family. Who is in your corner to help encourage you?

Podcast Resources

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