

# push

An Exploration of Life,  
Friendship, and Faith.

**A Six-Week Small Group Bible Study**  
**Sundays, 9:30-10:30 a.m. | School Conference Room | May 13-June 24**



We will explore -----

### ***What Does it Mean to Push?***

***Pushing Yourself:  
Your Greatest Strength***

***Pushing the Limits:  
Living in Sabbath***

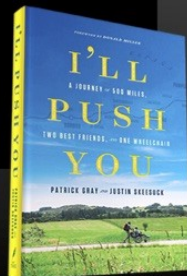
***Pushing for Connection:  
Intimacy***

***Pushing for Community:  
Pursuit***

***Pushing for Purpose:  
Love***

The Shepherd U  
Study of PUSH will  
be led by  
Gary Larsen

**Bible study material: \$11**



This is Six-Week Small Group Bible Study created by  
Patrick Gray and Justin Skeesuck, Authors of *I'll Push You*

Justin Skeesuck and Patrick Gray were born in the same town a little over 36 hours apart. They grew up as best friends and have shared adventures their entire lives, in spite of extreme challenges. When Justin was 15, he was in a horrible car accident. Though he walked away, this accident triggered a dormant neuromuscular disease that has slowly robbed him of the use of most his body. Unable to use his arms and legs, Justin now lives life in a power wheelchair.

In the summer of 2014, these two men undertook a journey many said was impossible. Justin Skeesuck and Patrick Gray completed the 500-mile *Camino de Santiago*. While hundreds of thousands of individuals embark on this ancient pilgrimage each year, the journey these two men took was one of a kind. Patrick (and many others) pushed Justin in a manual wheelchair the entire way.

**PUSH** explores many of the lessons these two men have learned both on and off the Camino. As we embrace the teachings within the pages of **PUSH**, we will explore the thoughts and teachings of Justin and Patrick and how they impact each of us as friends, spouses, and parents.

**Register below or online at:**

**<http://shepherdlutheran.com/shepherdu/>**

Name: \_\_\_\_\_  
Please print (first) (last)

Spouse if registering together: \_\_\_\_\_

Preferred Contact:

Email: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

**REGISTRATION  
SHEPHERD U  
PUSH  
Place in basket  
in lobby at the  
Welcome Center**