



Episode 4: Carla

Discussion Guide

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Episode 4: Carla shares the story of a top Adventist athlete whose life suddenly changed one night. Carla excelled in basketball at both the academy and college levels, and began running marathons as an adult. In 2018, she was the victim of a drive-by shooting, an event that has altered her life in ways beyond athletics.

STARTER Before listening to Episode 4, take a moment to reflect on how you view yourself. What core qualities or talents have become key to your self-identity?

Question 1 The first words we hear from Carla are, “Sabbath was boring.” [1:49] Can you relate with Carla’s childhood experience with Sabbath, or not? How do you think children should be taught the principles of Sabbath?

Question 2 Starting at 10:45, Carla and her husband Daniel recount the night she was shot while driving home. What moment stood out to you most when listening to them share about that night, and why?

Question 3 At 19:49, Carla shares about the support she has received from the Adventist Church community. Can you think of a time you felt supported by the Church? Has there been a time you wanted support but did not receive it?

BONUS In her letter, Carla writes, “Dear Church, it isn't the 28 fundamental beliefs or the fact that we worship on Saturday or any other legalistic ideals that make you special. It is the people.” [27:15] Do you agree with this statement? Why or why not?