



The running metaphor works like this: When a person believes in Jesus Christ he or she becomes a runner in the Christian race. The command to each of us is *“Run! Don’t walk. Don’t stop. Don’t sit down. Run because you can win the prize!”*

DISCUSSION QUESTIONS

1. Read & meditate on [1st Corinthians 9:24-27](#). Jot down 1 or 2 new thoughts that seem important to you. Why are they important to you?
2. What is the Apostle Paul’s purpose for presenting the example of the athlete in [1st Corinthians 9:24-25](#)?
3. What does faithful running look like? Who are those who run in such a way that they may win? Give examples.
4. Whereas the athlete relies upon self-effort; we as Christians rely on what? (Hint: read [Philippians 2:12-13](#) and also [2nd Timothy 2:1](#))
5. Think about [verses 26-27](#), what does Paul testify about his own personal life?
6. How are we supposed to respond toward the sin of others? (Hint: [Colossians 3:12-14](#))
7. How are we supposed to respond to the sin in our own life? Respond the same as above? (Hint: [Mark 9:43-47](#))
8. What are some things that you do to strengthen your relationship with God and how you live out your life in faith? What are some things new things you can do? What are some specific ways others in your group can help you?

MOVING FORWARD

Today, you may be thinking, *“I’m not running well. In fact, I’m barely in the race at all. What should I do?”* The answer is: recommit to win God’s race. As long as you are in the race, run to win. Don’t just run to finish, but to win. If you find yourself far behind in the race, don’t give up. Keep on running. You can still win. Don’t quit!

CHANGING YOUR MIND

“²⁴ Don't you know that the runners in a stadium all race, but only one receives the prize? Run in such a way to win the prize.” [1st Corinthians 9:24](#)