

Get in the Game: Run!

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people; then you won't become weary and give up. Hebrews 12:1-3 NLT

1. Other sinners have run the race and won, proving that winning is possible.

I have fought the good fight, I have finished the course, I have kept the faith. 2 Timothy 4:7 NAS

Therefore I run in such a way, as not without aim... 1 Corinthians 9:26 NAS

DISCUSSION: Do you feel overwhelmed by the difficulties of living the Christian life at times? Do you ever feel like the things you do are just your own efforts to get closer to God and not necessarily His power in your life?

DISCUSSION: In what way do you look to those people, considered as heroes of the faith in Hebrews 11, that have run before you to give you hope and encouragement? How do you look to the path they walked and try to follow their example?

_____ is an example of a Christian who's life will encourage me that I can make it!

DISCUSSION: Based on Hebrews 12:1-3, what is Christ's example to us about winning the race? Who are some people in your life that represent Christ to you and will run your spiritual race with you and give you encouragement?

For you know that you ought to imitate us... 2 Thessalonians 3:7 NAS

2. Wining the race will take a willingness to lose things I think I cannot live without.

Everyone who competes in the games exercises self-control in all things. 1 Corinthians 9:25 NAS

1. _____ 2. _____ 3. _____

DISCUSSION: Be honest. Without justifying yourself, what are some hobbies that take a lot of your time, thoughts, or money? How does this compare to the investment you make in your relationship with God? What are some habits that you can live without?

DISCUSSION: In what way are you being real about the sin that weighs you down?

3. Winning the race will take a commitment on my part to turn away from the sin in my life

Be on guard, so that your hearts will not be weighted down with dissipation and drunkenness and the worries of life... Luke 21:34 NAS

The sin that entangles me is _____

DISCUSSION: How did you answer the above question?

How do I get untangled?

DISCUSSION: How are you caring for your heart? What are you doing to protect and nurture your heart?

1. Take responsibility for the Sin
2. Share my struggles with God and ask for supernatural strength
3. Tell a group of Christians friends what's happening and ask for prayer and regular accountability

DISCUSSION: Are you willing to follow these steps? Share your response to the above three steps. How can this group help you? *(Some people may say "accountability" but we would encourage you to ask them what that means to them and if they are willing to follow through with it)*

4. Winning the race requires supernatural endurance that only can come from keeping focused on Christ.

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. 1 Corinthians 9:24 NAS

For I can do everything through Christ, who gives me strength. Philippians 4:13 NLT

DISCUSSION: Why do you think you are more focused on other things in your life than Christ? How can you focus more on Christ?

PRAYER PROJECT: Pray together about how you can help each other not only run, not only finish, but learn to run this spiritual race with God in such a way so that you will win.