



## THEME

Running towards a Life Well-Lived

## ANCHORED TO TRUTH

2 Samuel 11:1-5, Proverbs 25:28, 2 Timothy 1:7, 2 Peter 1:3-11, Romans 12:1-2, 1 Corinthians 10:13, 1 Corinthians 9:24-27

## CONVERSATION

1. If you could be a world-class athlete at any sport - what would it be?
2. What sport or competition has the best all around athletes?
  - a. Which sport do you need to be the most *in shape* in order to compete?
  - b. Which sport can you be the most *out of shape* + still be competitive?
3. Take a look at: **1 Corinthians 9:24-27**

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.
4. Break down the metaphor Paul uses here:
  - a. What's the "race"?
  - b. What is "strict training"?
  - c. What is the "crown that will not last"?
  - d. The "crown that will last forever"?
5. Do these metaphors paint an accurate picture of what it looks like to try to follow Jesus?
  - a. How big of a distraction or struggle is momentary reward/pleasure for us? (a crown that will not last)
  - b. What are some examples of momentary rewards we struggle with again + again?
  - c. Could drinking to get drunk be one of those momentary rewards/pleasures?
  - d. Why is God against this kind of momentary pleasure? (getting drunk)
  - e. How could drinking to get drunk change the race we're trying to run?
    - i. Have you seen this in real life?
6. Have you seen anybody drink alcohol in a way that doesn't negatively affect the race they're trying to run?
  - a. If so, how'd they do it - what was their secret?
7. How does a Christian getting drunk affect the other people considering or trying to *run the race*? (vs 26)
  - a. Do we have a responsibility to the people around us trying to run? Explain.

## ACT + PRAY TOGETHER

- Is there a way we can help one another make an honest attempt at *really* training to run the race?
- Can we help each other with our drinking so that it doesn't negatively affect our race or the race others are trying to run?
- Pray together about any struggles we may have with alcohol + all the other self control issues that want to 'disqualify' us from the race..