



Welcome to Week 3, Lesson 2 of Faith & Fit! Congratulations on completing 3 weeks of healthier living! If you have skipped a few lessons, don't be discouraged! Get up and begin again! Before our study time today, please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: \_\_\_\_\_

**Please read 1 Corinthians 9:24-27 in two different versions of the Bible. The ESV is written below:**

*"Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."*

**What will we receive if we run our race well (verse 24)?**

The definition for the Greek word *prize* contains the key for winning the prize. *Brabeion* (prize) means of the heavenly reward for Christian character. Character, something that is sorely lacking in many athletes today, is the key to winning the race.

**What must we do in order to train to run a spiritual race? Be specific. Are you doing those things?**

**What does every athlete need (verse 25)?**

From the original Greek *self control* transliterates as *egkrateuomai* which means having power over a thing, mastering, controlling, restraining. God does not call us to indulge ourselves but to control ourselves.

**Is there any area of your life that is out of control?**

**Name one step you can take today to help bring that area under control.**

**According to verse 25, what do we receive at the end of our race?**

Many versions use the word *crown* instead of the word *wreath*. Please read Revelation 4:10.

**What will we ultimately do with our crowns?**

**Please fill in the blank, “So I do not run \_\_\_\_\_;”**

God does not wish us to live our lives aimlessly; wandering without direction. He wants us to live purposefully.

**Name one goal you wish to accomplish as a Christian.**

**What do you need to do to realize your goal?**

**Please read verse 27 again and name one hazard that can cause us to lose our race.**

**How do we overcome that hazard (verse 27)?**

Thank you for joining us today! See you Week 4!

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