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SO  
THAT...



WEEK 4 | DISQUALIFIED

## WARM UP

If you could enter any race in the world and could compete at a world-class level in that race, what race would it be?

## WORD

Read **1 Corinthians 9:24-27**

Much like the ancient Olympics, Paul only knew too well about the Isthmus games that would take place in the area surrounding Corinth, and he used one of the most famous sports of the games, the marathon, to depict how we should run the race of life.

## NOTES

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## 1 All Run, One Prize

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*<sup>24</sup>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.*

**1 Corinthians 9:24** (ESV)

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There is a race and a lane marked out specifically for us by God. God calls us to run the best race we can, without comparing our race with others and how their races are run. It is with focus on the prize, Jesus Christ himself, that we ought to run our race.

- What are ways we can remain focused and content to run the race marked out for us, without comparing ourselves with one another?
- What are the “prizes” that you have ever run after in your life by prioritising your pursuit of these things?

## 2 Long Term

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*<sup>25</sup>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.*

**1 Corinthians 9:25** (ESV)

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We live in a world bombarded by the advertising of things that provide temporary scratches for more long term itches. Paul urges the church at Corinth to think and live with eternity in mind when it comes to the race and the prize that they run towards.

- What are ways that we can stay more eternally focused?

- What are some of the distractions that you face in running the race in your life? How do you hope to see these distractions removed?

## 3 No Disqualification

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*<sup>26</sup>Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. <sup>27</sup>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.*

**Ephesians 2:8-10** (ESV)

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- How do you personally ensure that you don't live your life aimlessly?
- How do we steer clear from preaching to others whilst disqualifying ourselves in hypocrisy?

## PRAYER

- Take time to thank God that he has chosen you, and entrusted to you a “race” to run.
- Ask God for focus and the grace to not compare, or become tempted by temporal things.
- Pray for the strength to run a long term race of endurance, and that all distraction will lose its power.