



1 Corinthians 9:24-10:13

Run to Win

1. Read 1 Cor. 9:24-27. Although we are free in Christ, we are aware of the potential damage to others, to the gospel and to ourselves, if we don't learn to exercise self-control in our lives. What do you do to exercise self-control? What do you do to enjoy yourself? How do you find a good balance? What are some successes and failures that you have experienced?
2. Does the concept of being in a race and receiving eternal rewards help you to be more disciplined? Why or why not.
3. Read 1 Cor. 10:1-4. Do you see reference to the spirit of God, the power of God, the word of God and the Son of God? How do these strengthen and encourage you as you run in your race?
4. Read 10:5-11. We are challenged as those living during the end of the ages, to learn from previous examples. Read Numbers 25:1-9. Israel was camped just east of the Jordan River, ready to enter the Promised Land. On "mile 25" of their "marathon" through the desert they failed and thousands of people died. (for further study see Ex. 32, Num. 21 and 16). What do we learn about God, about cravings, about idolatry, about grumbling...?
5. Read 10:12-13. How has God been faithful to you? What successes and failures have you experienced in your struggle against temptations? What has helped you on your journey?