

*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. 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 9:24-25 (NIV)*

## Run

**I have laid out a course for you. You are in a race. The race is called life. I want you to run well. I want you to run in such a way so that you will win the prize that I have in heaven for you.** What must I do to run well? How will I be able to run in such a way as to win the prize that you have in heaven for me? **You must follow me. You must keep your eyes on me. You must avoid the obstacles in life that will hinder you from running well. You must keep the focus of your heart and mind and life on me. I will train you. I will guide you. I will lead you through life. Will you enter in to strict training as you run the race that I have laid out for you?** Yes Lord, I will. **That's very good.**

I do have questions. **Go ahead. Ask me, I'm listening.** What does going into strict training look like? What will be a part of my strict training as I follow you? **You tell me.** You think I know the answers to my questions? **Yes, I do.** I'm sure that meeting with you in your word daily will be a part of my training. Developing an intimate prayer filled life with you will be another part of my training. **You're on the right track. Keep going.** I'm sure that you have no intention for me to run my race all alone by myself. **No, I do not.** Living in close fellowship with other believers will spur me on as I run the race that you have laid out for me. **Yes, it will.** So, a part of my regular training will include joining together with other believers to worship you. **That's right.** I'm guessing that you would also like me to be a part of a small group that will encourage me to keep on running. **Good guess. There is more.** I know that you have a purpose and plan for my life. **Yes, I do.** You have good works prepared in advance for me to do. **Yes, I do.** Doing the work that you have given me to do for you will be a part of my race. **Yes, it will. You have answered your questions well. Will you go into this strict training? Will you run your race with me? Will you run in such a way as to win the prize I have in heaven for you?** Yes Lord, I will.

*Lord, I will go into strict training so I will be able to compete. I want to be able to run in such a way as to get the prize that you have waiting in heaven for me. I want a crown from you that will last forever. Help me to live my life fully and completely for you. Amen*

**Identity***In Strict Training*

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. 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.

NIV

1 Corinthians 9:24-25

**Identity***Self Control In All Things*

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. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

ESV

1 Corinthians 9:24-25

**Identity***Disciplined In Their Training*

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

NLT

1 Corinthians 9:24-25

**Identity***Temperate In All Things*

Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

NKJV

1 Corinthians 9:24-25

**Identity***Self-Control In All Things*

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one.

NRSV

1 Corinthians 9:24-25

**Identity***Train Hard*

You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.

MSG

1 Corinthians 9:24-25

**Identity***Into Training*

Do you not know that in a race all the runners compete, but [only] one receives the prize? So run [your race] that you may lay hold [of the prize] and make it yours. Now every athlete who goes into training conducts himself temperately and restricts himself in all things. They do it to win a wreath that will soon wither, but we [do it to receive a crown of eternal blessedness] that cannot wither.

AMP

1 Corinthians 9:24-25

**Identity***Deny Yourself Many Things*

In a race everyone runs, but only one person gets first prize. So run your race to win. To win the contest you must deny yourselves many things that would keep you from doing your best. An athlete goes to all this trouble just to win a blue ribbon or a silver cup, but we do it for a heavenly reward that never disappears.

TLB

1 Corinthians 9:24-25

**Identity***Self-Control In All Things*

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. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable.

NASB

1 Corinthians 9:24-25

**Identity***Use Self-Control*

You know that in a race all the runners run, but only one gets the prize. So run to win! All those who compete in the games use self-control so they can win a crown. That crown is an earthly thing that lasts only a short time, but our crown will never be destroyed.

NCV

1 Corinthians 9:24-25

# In Strict Training

Year \_\_\_\_ Week \_\_\_\_ Day \_\_\_\_ Date \_\_\_\_

**Identity** – 1 Corinthians 9-24-25

**In Context:** Read 1 Corinthians 9

**Begin With Prayer:**

**Here I am Lord. I Am Listening.**

**Meditating On God's Word:** *(What is God speaking to your heart?)*

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. 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 9:24-25

**Considering The Words:** *(What words speak to your heart?)*

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. | 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 9:24-25

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**Praying The Scripture:** *(What prayer from your heart will you write?)*

Lord, I will go into strict training so I will be able to compete. I want to be able to run in such a way as to get the prize that you have waiting in heaven for me. I want a crown from you that will last forever. Help me to live my life fully and completely for you. Amen

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**What It Means:** *(What questions speak to your heart?)* (Suggested questions for small group discussion are in bold)

How have you entered in to strict training as a follower of Jesus Christ?

How has your prayer life changed as you have gone into strict training as a follower of Jesus Christ?

How has consistently meeting with God in his word become a part of your strict training as a follower of Christ?

Who is encouraging and spurring you on in as you run the race that has been set before you?

**What obstacles will you need to avoid to keep on running the race that has been set before you?**

**How are you keeping your eyes on Jesus Christ as you run the race that has been set before you?**

**Why is the prize that awaits you in heaven far superior to anything that this life has to offer?**

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**Living It Out:** *(What action step is God guiding your heart to take?)*

Go into strict training so that you will be able to compete and win the prize as you follow and serve the Lord.

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**Seeing It Happen:** *(What are you trusting God for in our heart?)*

Have faith that Faith that the Lord will help you to run in such a way as to win the prize He has in heaven for you.

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**Get Ready To Share:** *(What can you share with others from your heart?)*

Share with another person or your small group how you are going into strict training as you follow and serve the Lord.

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**Close With Prayer:**

**Quiet Yourself Before The Lord**

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you go into strict training so you can run the race and win the prize that Christ has in heaven for you.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, I will go into strict training so I can run the race and win the prize that you have in heaven for me.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I train and run well in the race that you have laid out before me?*

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