

The Christian life is like a race.

Running to win this race holds out the prize of an imperishable wreath.

Running to win requires you to exercise self-control in all things.

Application & Discussion Questions

1. Do you have any questions about the meaning of today's passage?
2. Why does the Christian life require discipline and self-control?
3. What does it look like to live aimlessly and without self-control as a Christian?
4. In what area of your life do you need more discipline and self-control?
5. What is the imperishable prize that we run for?
6. How does the hope of this prize motivate you to be disciplined?
7. How does this passage challenge you personally?