



"Finish the Race Well" Study Guide

Sermon Recap

Pastor Teena Jacob's sermon "Finish the Race Well" challenges the listener to focus on their primary goal of glorifying God. Drawing from Paul's example in Corinthians, she emphasizes the importance of running the Christian race with purpose and discipline. Believers are urged to strip off weights, focus on their unique path, and seek support from a community of believers. The sermon underscores the need for discipline in spiritual practices and encourages believers to persevere in finishing the race God has set before them.

Ice Breaker

If you were to compete in the Olympics, which sport would you choose and why?

Discussion Questions

What does it mean to finish the race well as a believer?

- Pastor Teena spoke about the primary goal of our lives being to finish the race well, just as Paul did.
- How can you apply this concept to your life and ensure you focus on what God has called you to do?

How can being part of a community of believers help someone finish the race well?

- Pastor Teena mentioned the importance of finding partners for Bible study, accountability, and prayer as part of a robust support system.
- In what ways can you strengthen your connection with your faith community and support others in their race?

How does 1 Corinthians 9:24-27 encourage believers to imitate athletes in their faith?

- In the sermon, Pastor Teena read from 1 Corinthians 9, where Paul compared the Christian life to a race and urged believers to run in a way to win the prize.
- What specific steps can you take daily to practice discipline and perseverance like an athlete in your faith journey?

What is the importance of shedding weights and sins for a believer's race, according to Hebrews 12:1?

- Pastor Teena referenced Hebrews 12:1, emphasizing that believers must strip off every weight and sin that slows them down in their race.
- Can you identify any weights or sins in your life that might be hindering your progress? How can you address these issues?

Why is it essential to maintain focus and not compare ourselves to others during our race?

- Pastor Teena used King Saul as an example. Saul lost his focus and began obsessing over David's success instead of his own race.
- Have you ever struggled with comparison? How can you actively work to maintain focus on your race instead?

Scripture References

- 1 Corinthians 9:24-27
- Acts 20:22-24
- Hebrews 12:1
- 1 Kings 11
- 1 Corinthians 9:12
- 1 Corinthians 9:19-23
- 1 Corinthians 10
- 1 Corinthians 9:12
- 2 Timothy 4:7-8

Next Steps

- I will commit to daily reading the Bible and spending time in prayer to strengthen my spiritual discipline.
- I will identify and remove any sin or distractions in my life that hinder my spiritual race.
- I will seek out and engage with a supportive Christian community or small group for encouragement and accountability.
- I will focus on the unique task and calling God has given me, rather than comparing myself to others.
- I will encourage and support fellow believers in their spiritual journeys, celebrating their successes and helping them overcome obstacles.