

## STUDY & DISCUSSION QUESTIONS

- ❖ Do you believe in new years resolutions? Why or why not?
- ❖ What goals do you have for 2010? What steps do you need to take to reach your goals?
- ❖ For change to happen (point 2), there are three things that need to be present. Which of those resonates most with you? Explain.
- ❖ Do you find that you have the “right plan” for setting your new course? Which of the three do you find most challenging? What are going to do to overcome this hurdle?
- ❖ In every chapter of the book of Philippians, do you realize that Paul told his people to rejoice and then he talked about joy in his life? Look up the following verses: **Chapter 1:4; 2:17; 3:1; 4:4**. Do find yourself with the same perspective as Paul as you look forward to 2010?
- ❖ Do you have someone that is a constant encouragement to you? Who is the person who is your “cheerleader” in life who helps you, roots for you, and holds you up when you get fatigued \_\_\_\_\_? Are you someone who offers encouragement?
- ❖ Read our theme verse for this series **1 Corinthians 9:24-27** every day this week and meditate on it as you begin to set a new course in 2010.



### “Running to Win”

*1 Corinthians 9:24-27 (NIV) 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. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

### Initial Observations

- \* The internal trumps the external!
- \* God is the source of all things good!

*Acts 17:28 (CEV) ...and he gives us the power to live, to move, and to be who we are. "We are his children," just as some of your poets have said.*

### Practical Steps

1. Put first things first.

*Matthew 6:33 (NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

*Philippians 3:7-8 (NASB) But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ...*

For changes to occur:

- \* There must be dissatisfaction with the present.
- \* We must be aware of a better condition.
- \* We must learn how to do it.

### 2. Prioritize your plan.

*1 Timothy 4:7-8 (NLT) ...Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next.*

*Proverbs 16:3 (MSG) Put God in charge of your work, then what you've planned will take place.*

- \* Evaluation
- \* Declaration
- \* Regulation

### 3. Live with the right attitude.

- \* He was open-minded about his position.

*Philippians 3:12 (NIV) Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.*

- \* He was closed-minded about his past.

*Philippians 3:13 (NIV) Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead...*

- \* He was single-minded about his future.

*Philippians 3:13 (NIV) ...But one thing I do...*

Bible Versions used: KJV-King James; NKJV-New King James; NIV-New International; NCV-New Century; TLB-Living Bible; NLT-New Living Translation; **Msg**-The Message; **GW**-God's Word; **TEV**-Today's English; **CEV**-Contemporary English; **NAS**-New American Standard; **NJB**-New Jerusalem Bible; **Phi**-Phillips Translation; **Amp**-Amplified Bible; **NRSV**-New Revised Standard; **BBE**-Basic Bible English