

STUDY & DISCUSSION QUESTIONS

January 9 & 10, 2010



“Eating Like a Champion”

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.

Making 2010 changes

*** Means doing something new!**

The mathematics of personal change: $A+B+C > D = \text{Change}$

A :

B :

C :

D :

*** Means doing it long enough!**

Training table essentials

1. Commit to really knowing your Creator!

Matthew 22:37-38 (NLT) Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind." This is the first and greatest commandment."

Hosea 6:3 (NRSV) "Let us know, let us press on to know the LORD; his appearing is as sure as the dawn; he will come to us like the showers, like the spring rains that water the earth."

- ❖ What resolutions or goals have you determined to focus on for 2010? Review the scripture passage at the top of the notes - 1 Corinthians 9:24-27. How does this scripture challenge you about your resolutions or goals?
- ❖ How do you decide that you need to set a goal for yourself? How do you go about setting personal goals? In your experience, what has been most helpful to you in reaching them? What tends to block your progress?
- ❖ Review the formula having to do with “The mathematics of personal change.” What do you think about it? Does the formula help you with your quest to make desired changes? Does it help you to know how to pray for/assist someone else?
- ❖ Review Jesus’ parable found in Matthew 13:3-9, 18-23. What area(s) of your life does God’s Word take root in most easily? Where would you like to see it penetrate more deeply? How would you rate your spiritual “root health?” (i.e. - Shallow/Growing/Strong & Deep/Tangled with weeds/Really Dry) Are there any ideas to help that this message prompted for you?
- ❖ What has been your experience with having a daily “quiet time” Pastor Steve talks about? If you were to make a list of “quiet time spoilers,” what would be on it? How about your experience with memorizing scripture – has it been beneficial? Could your group help each other with this discipline? Is there a passage from this outline worth “banking in your vault?”

Jeremiah 9:23-24 (ESV) Thus says the Lord: "Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, but let him who boasts boast in this, that he understands and knows me, that I am the Lord who practices steadfast love, justice, and righteousness in the earth. For in these things I delight, declares the Lord."

2. Reserve your first appointment for him.

Isaiah 66:2 (NIV) "Has not my hand made all these things, and so they came into being?" declares the LORD. "This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word."

Isaiah 50:4-5 (NAS) "He awakens me morning by morning, he awakens my ear to listen as a disciple. The Lord GOD has opened my ear; and I was not disobedient nor did I turn back."

3. Maximize a Word-enriched lifestyle.

James 1:21-25 (NIV) Humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it -- he will be blessed in what he does.

* Get adequate intake!

Hear & Read

Download a free MP3 of the New Testament:

<http://www.faithcomesbyhearing.com/ambassador/free-audio-bible-download>

* Practice proper digestion!

Study, Meditate, Memorize

Free online Bible study commentaries and resources:

<http://www.biblestudytools.com/>

Psalm 119:11-12 (MSG) I've banked your promises in the vault of my heart so I won't sin myself bankrupt...God: train me in your ways of wise living.

* Work it off!

Apply



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; ESV-English Standard

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