



# SERMON NOTES

"2020 Vision Action"  
Week One: Running to Win  
I Corinthians 9:24-27

## 1. Running requires **PAIN** (vs. 25, 27)

- **SPIRITUAL** discipline is often seen in our **PHYSICAL** discipline

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## 2. Running requires **PRECISION** (vs. 26)

- Definitive **GOALS**
- Definite **GAMEPLAN**

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## 3. Running requires **PURPOSE** (vs. 19-23, 27)

- Paul's purpose for running was the **GOSPEL**

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# LIFEGROUP STUDY QUESTIONS

For the week of January 5, 2020

## MY STORY

What is the most odd "resolution" that you (or someone you know) has made? (not necessarily a "new year" resolution)

What is one resolution that you HAVE kept?

What is one resolution you WISH you could keep?

If you had to give an abbreviated version of this weekend's message, what is one thought or idea that you would include no matter what?

## DIGGING DEEPER

The first point of the message was that "running requires pain." Read Romans 7:15-25 and talk about why there is a need for physical discipline.

What are the results of a believer living an undisciplined lifestyle? (after discussing, see Galatians 5:19-21)

Read and discuss James 5:16. What physical discipline is most difficult for you? What battle is most difficult?

I Cor. 9:26 talked about running with intentionality. What are some common areas in which believers struggle that could be easily remedied with an intentional plan?

Discuss an intentional plan for the battles that you discussed earlier.

When you examine I Cor. 9:24-27 in light of the rest of the chapter, you see that Paul's motivation (purpose) for living a disciplined lifestyle was so that it would enable him to reach more people with the Gospel. In what ways can an undisciplined lifestyle hinder our ability to effectively share the good news of Jesus Christ?

I Corinthians 10 continues some of these truths from chapter 9. Read I Cor. 10:31-33 and summarize what Paul was saying.

## TAKING IT HOME

Is there an area(s) of your life that you can/should adjust so that you can be more effective in ministering to others?

Is there anyone in your life that you feel the Lord leading you to influence in 2020?

Is there anything you need to do as a result of what you've learned this week? Can you think of any ways in which the message stretched, added to, redefined, or confirmed your personal understanding of God?