



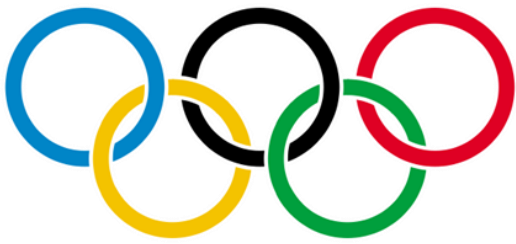
TRAINING FOR THE PRIZE:

A STUDY ON RUNNING THE CHRISTIAN RACE

A PUBLICATION OF RAY REYNOLDS RAP

BIBLE STUDY GUIDE

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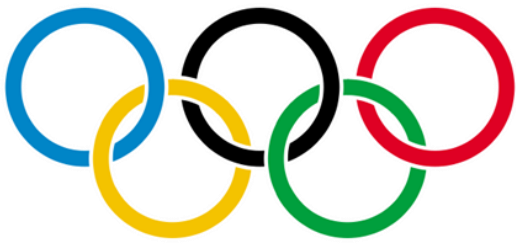
Lesson One: Training For The Prize **Choosing The Right Trainer & Hearing His Voice**

Introduction: Paul urges us to be focused on our eternal prize (**I Corinthians 9:24, Philippians 3:14**). He himself made it his primary goal to get to heaven (**II Timothy 4:6-8**). In this series of lessons, we are going to consider what it will take to train for the prize. The first step we must take is find the right trainer.... One who understands and has run the race before (**Hebrews 4:15, 12:1-2**). What can we do to hear His voice? Let me share with you some of His invitations.....

Discussion:

- I. *Jesus Offers Us The Invitation To Commitment (**Genesis 7:1-16**)*
- II. *Jesus Offers Us The Invitation To Companionship (**Numbers 10:29-32**)*
- III. *Jesus Offers Us The Invitation To Cleansing (**Isaiah 1:18**)*
- IV. *Jesus Offers Us The Invitation To Contentment (**Isaiah 55:1-3**)*
- V. *Jesus Offers Us The Invitation To Correction (**Hosea 6:1-2**)*
- VI. *Jesus Offers Us The Invitation To Children (**Matthew 19:13-15**)*
- VII. *Jesus Offers Us The Invitation To Contribute (**John 1:35-42**)*
- VIII. *Jesus Offers Us The Invitation Of Confidence (**John 6:37-40**)*
- IX. *Jesus Offers Us The Invitation Of Conversion (**Acts 9:1-19**)*
- X. *Jesus Offers Us The Invitation Of Completion (**Revelation 22:12-21**)*

Conclusion: Jesus alone can offer you these great invitations. Listen to what He has said, "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (**Matthew 11:28-30**) Are you ready to hear the voice of the Lord? Are you ready to come to Him? Are you ready to lay your burdens down at His feet? Come to Jesus!!!



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Lesson Two: Training For The Prize

Choosing The Right Side & Remaining on His Team

Introduction: As the Olympics are going on right now we can't help but think about competing for the gold medal. However, Paul urges us to be focused on our eternal prize (**I Corinthians 9:24, Philippians 3:14**). He himself made it his primary goal to get to heaven (**II Timothy 4:6-8**). In this series of lessons, we are going to consider what it will take to train for the prize. The first step we discussed was finding the right trainer. In this lesson, we will discuss the second step which is choosing the right side and how to remain on the right team. Runners often say, "Running with others will help you run faster and longer." Jesus calls us to join His team. Let's study together.....

Discussion:

I. Jesus Knows Our Choice Determines Our Faithfulness (Matthew 26:69-73)

- A. Companionship With Christ
- B. Compassion Like Christ
- C. Confidence In Christ
- D. Conformity To Christ

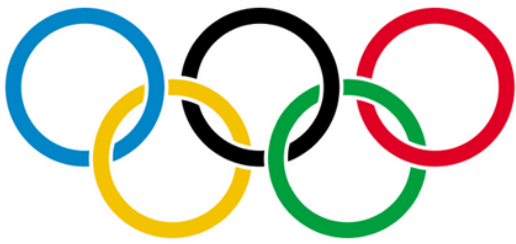
II. Jesus Knows Our Choice Determines Our Fruitfulness (John 15:1-8)

- A. The Analogy
- B. The Teaching
- C. The Warning
- D. The Promise

III. Jesus Knows Our Choice Determines Our Fearlessness (Matthew 8:24-27)

- A. God's Team Needs Fearless Competitors
- B. God's Team Needs Fearless Communicators
- C. God's Team Needs Fearless Crusaders
- D. God's Team Needs Fearless Cross-Bearers

Conclusion: How is your faithfulness, fruitfulness, and fearlessness? Jesus alone can provide the assistance you need in running this Christian race. He said, "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (**Matthew 11:28-30**) Are you ready to join the Lord's team? Are you ready to come to run the race that is set before you? Are you ready to lay your burdens down? Come to Jesus!!!



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Lesson Three: Training For The Prize

Choosing The Right Goal & Striving For The Mark

Introduction: Paul urges us to be focused on our eternal prize (**I Corinthians 9:24, Philippians 3:14**) and that our primary goal is to get to heaven (**II Timothy 4:6-8**). In this series of lessons, we are considering what it will take to train for the prize. The first step was finding the right trainer. The second step was selecting the right team. The third step is setting the right goal. The summer Olympics include archery, which takes skill and patience. In **I Peter 3:13-4:2** the apostle wants us to consider some things we could learn about setting the right goals and striving to hit the mark.....

Discussion:

I. When We Aim For Christ We Are Going to Suffer

I Peter 3:13-14, II Timothy 3:12, Revelation 2:10, Deuteronomy 6:5, Mark 1:30

II. When We Aim For Christ We Are People of Hope

I Peter 3:15-17, James 1:2, Ephesians 4:15, Matthew 28:18-20, Mark 16:15-16

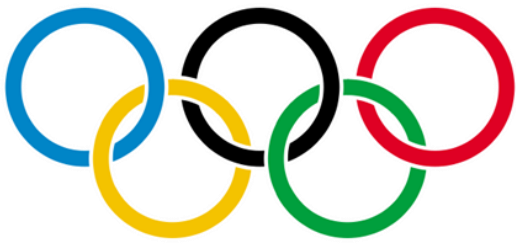
III. When We Aim For Christ We Are Dead to Sin

**I Peter 3:18-22, II Timothy 1:7, John 3:3, Matthew 24:37, Luke 17:26,
II Peter 2:5, Hebrews 11:7, Genesis 6, Mark 10:32-45, Luke 12:50 ,
Romans 6:2-5, Romans 8, Acts 2:38-39**

IV. When We Aim For Christ We Are Alive in the Spirit

**I Peter 4:1-2, Acts 2:38, Acts 22:16, Romans 6:4, Titus 3:4-7 Ephesians 4:30,
Mark 16:15-16, Romans 8:1, Romans 12:1-2**

Conclusion: The invitation from Jesus is still open: "*Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.*" (**Matthew 11:28-30**) What are your goals? Do you want to go to heaven? Are you ready to join the Lord's team? Are you ready to come to run the race? Are you ready to lay your burdens down at the Lord's feet? Come to Jesus!!!



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Lesson Four: Training For The Prize

Waving The Right Banner & Focusing on Your Lane

Introduction: Paul urges us to be focused on our eternal prize (**I Corinthians 9:24, Philippians 3:14, II Timothy 4:6-8**). In this series of lessons, we are considering what it will take to train for the prize. The first step was finding the right trainer. The second step was selecting the right team. The third step was setting the right goal. In this lesson we will talk about waving the right banner and focusing on your lane...

Discussion:

- I. *Waving His Banner Means I Pledge Allegiance to Jesus Christ As My Savior*
**John 14:6, Romans 10:9-10, Acts 15:7, I John 4:15, John 8:24,
Acts 4:12, Acts 16:31, Hebrews 11:6**
- II. *Waving His Banner Means I Pledge Allegiance to Jesus Christ As My Shepherd*
**Psalm 23, John 10:9-11, I Peter 5:4, John 17:17, Ephesians 6:17,
II Timothy 3:16-17, Ephesians 6:18, Romans 8, Acts 2:38-29, Psalm 46:10,
Habakkuk 2:20, Hebrews 13:5**
- III. *Waving His Banner Means I Pledge Allegiance to Jesus Christ As My High Priest*
**Romans 6:10, I Peter 3:8, Hebrews 2:17-18, Hebrews 3:1-2,
Hebrews 4:14-16, I John 1:9, II Peter 3:17-18, Psalm 103:12,
Jeremiah 31:34, Hebrews 8:12, John 15:1-8, Galatians 5:22-23,
I John 1:9-10**
- IV. *Waving His Banner Means I Pledge Allegiance to Jesus Christ As My Captain*
**Ephesians 6:10-20, Malachi 3:1, Malachi 4:5-6, Matthew 17:10-13,
Luke 1:76, Hebrews 12:2, I Corinthians 10:13, I John 5:13, Ephesians 2:8-9**

Conclusion: Jesus gives an invitation: "*Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.*" (**Matthew 11:28-30**) Are you ready to finish strong? Do you want to go to heaven? Are you ready to join the Lord's team? Are you ready to run the Christian race? Are you ready to lay your burdens down at the Lord's feet? Come to Jesus!!!



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Lesson Five: Training For The Prize

Winning The Race & Finishing Strong

Introduction: Paul urges us to be focused on our eternal prize (**I Corinthians 9:24, Philippians 3:14, II Timothy 4:6-8**). It's easy to get discouraged. We need perseverance! Someone once gave the following definition for perseverance: "*Pursuing worthy objectives with determination and patience while exhibiting fortitude when confronted with failure.*" In this series, we are considering what it will take to train for the prize. The first step was finding the right trainer. The second was selecting the right team. The third was setting the right goal. Then it was about waving the right banner. Finally, it is about winning the race and finishing strong...

Discussion:

I. Remember Your Purpose

Luke 19:10

Matthew 26:42

II. Eliminate Your Excuses

Matthew 19:16-22

Matthew 25:34-46

III. Accept Responsibility

Mark 10:45

John 10:7-18

IV. Develop Your Stamina

John 19:1-4

Philippians 3:1-4

V. Know Your Incentives

Luke 22:67-71

II Timothy 4:6-8

VI. Determine You Will Succeed

Luke 2:49

Matthew 5:18

VII. Try Again & Refuse To Fail

John 19:10-11

Luke 23:36-37

Conclusion: We can overcome! Why give up? We serve a God that can move mountains! Nothing is impossible with God! And I can do all things through Him! What do you need? **Purpose** = Find One, **Excuses** = Eliminate Them, **Responsibility** = Accept It, **Stamina** = Develop It, **Incentives** = Have Some, **Success** = Achieve It, **Tenacity** = Try, Try Again . . . Don't ever give up!!!