

The Week of:

Sept. 14, 2022

What's your life like:

- In about minute share: what's one high and one low from your summer?

What are we talking about this week:

Bible Verses

- 1 Corinthians 9:24, Hebrews 12:1-2

Main Point of the Message

- You have to get ready to run the race God has for you.

Discussion Questions

1. Have you ever been in a race? How did it go?
2. How did you get ready for that race?
3. Have you ever thought about life being like a race before?
4. What are some weights that slow people down in life?
5. What are some ways you think we can throw off things that weigh us down?
6. Maybe you realized tonight that you've been tripped up by sin and need Jesus to save you—does anyone have any questions about how to start a relationship with Jesus?

Now what:

- This week ask trusted friend or leader if they see any weights or sin in your life you need to get rid of. Then take real steps to let that stuff go.