**Run Your Race**

**Guest Speaker: Bianca Olthoff**

**USING THIS SERMON DISCUSSION GUIDE**

We have provided all the Scriptures referenced in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group.  For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your group’s goal is not to pound through the questions but to create an atmosphere that will foster true friendships, so use the discussion questions as you see fit, but emphasize the relationships.

**Hebrews 12:1**

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.*

**Don’t stumble over something behind you.**

**Romans 12:2**

*Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is - his good, pleasing, and perfect will.*

**2 Corinthians 10:3-5**

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God and we take captive every thought to make it obedient to Christ.*

**Two Keys to Running Your Race with Perseverance:**

**1. Capture Destructive Thoughts**

* We possess the power of Jesus living within us to demolish strongholds.

**Power:** *dunamis - dynamic, dynamite, explosive*

**Stronghold:** *ochumora - prisoner locked by deception*

**2. Fix Our Thoughts on Spiritual Things**

**Philippians 4:8-9**

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the Go of peace will be with you.*

**You can’t move forward if you’re always looking back.**

**Hebrews 12:2:** *Fixing our eyes on Jesus, the author and perfecter of faith . . .*

**Discussion Questions:**

1. The coaching advice was this: When you’re running your race, never look to the left or right, but always look straight ahead or your stride/cadence will be thrown off and you’ll end up losing velocity and unable to cross the next hurdle.

 How does this principle apply to our “race” that God has given us? What are some common distractions we may face in living out our life with God?

1. Hebrews 11 is full of Biblical examples of imperfect people who did extraordinary things for God. How have you experienced God taking you beyond your natural abilities?
2. How do we identify our “race”? Said another say, How do we identify our purpose or calling from God?
3. Are there strongholds (lies, habits) holding you back from running your full race? If so, what are they and why is it important to identify them?
4. What can we do if we can’t seem to get over the obstacles in our past? Where is the battlefield for each of us? How might Philippians 4:8-9 come into play?
5. Proverbs 23:7 says: *For as he****thinks****within himself, so he is.*

 As a group, recount specific promises and truths from Scripture that can be useful as we renew our minds with truth day by day, in every season.