



## Week 2: Running Well

Are the actions you're taking helping you run towards becoming the person you want to be?

### Discussion Questions

1. Who do you admire for their consistency? What do they do?
2. In what area do you wish you were more consistent?
3. **Read 1 Corinthians 9:24–27 NLT.**
  - We are all running consistently after something. What are you running after?
  - Paul talks about not running aimlessly, but with purpose. Do you find yourself running with purpose? Why or why not?
  - Paul talks about discipline as the way he accomplished his purpose. What do you think of when you hear the word discipline?
4. Jame mentioned that beginning a spiritual discipline (prayer, reading the Bible, etc.) helps you become disciplined in all areas of life. So, how do you think starting one would help you win at life?
5. What steps are you willing to take to start a spiritual discipline?

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*No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.  
(Hebrews 12:11 NIV)*