



## “Spiritual Athletes”

Winning the Prize  
I Corinthians 9:24-27

*It is about the:*

### I. Race – “Know ye not that they which run in a race” (v. 24)

*We race with a:*

- A. **Means** – “they which run in a race **run** all”
- B. **Motivation** – “but one receives the **prize**”
- C. **Method** – “So run that ye **may** obtain”

### II. Requirements – “every man that strives” (vs. 25-26)

*We are required to have :*

- A. **Control** – “*temperate* in all things”
- B. **Competence** – “to **obtain**...an incorruptible”
- C. **Concentration** – “I therefore so run not as **uncertainly**”

### III. Restraint – “bring it into subjection” (v. 27)

*We restrain our:*

- A. **Desires** – “I keep **under** my body”
- B. **Disqualifiers** – “I myself should be a **castaway**”

## Sentence Sermon

“Winning the race requires streamlining your life, making steady progress, and focusing on the finish line.”

## Additional Verses

- II Timothy 2:5
- I Corinthians 3:13-14; 6:12; 9:18
- II Corinthians 1:14; 5:10
- Hebrews 12:1-2
- Galatians 5:7
- Philippians 2:16; 3:12-14
- I Thessalonians 2:19
- Ephesians 6:12
- Acts 20:24
- II Timothy 4:7-8
- Psalm 19:5
- John 19:30

## Questions to Ponder:

1. What are the key words or phrases in this passage?
2. Who are the central characters of the passage?
3. What was Paul questioning in verse 24 asking “know ye not?”
4. How does a Christian “so run that you may obtain?”
5. What are the “all things” spiritual athletes ought to be temperate in?
6. What are the advantages of an incorruptible crown?
7. What should we concentrate or focus on in order to win the race?
8. What is the difference between beating the air and fighting?
9. How do Christians buffet their bodies or bring it under subjection?
10. What are the “by any means” that cause us to become a castaway?
11. How does this passage affect your view of life being a rat race?
12. How can we stay focused on the race set before us?