



Losers vs. Winners

Session 3

by Emily Norman, Sheree Patterson, and Eric Majeski

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” 1 Corinthians 9:24-27

Session 3: Training

I. Intro

1. Offer a prize (candy, t-shirt, iTunes card, etc.). Only one gets the prize!
2. To win the prize...pair up for a thumb wrestling tournament, the winner of the tourney gets the prize.
3. Ask the winner:
 - How much training was necessary for such an achievement?
 - What kind of regimen/workout schedule is required to be a champion?

II. Illustration

Discuss champions and their workout ethic. Google current champions and their workout schedules (ex. Usain Bolt, Dana Torres, etc.) and discuss together.

III. Read 1 Corinthians 9:24-27

1. Spiritual Training
 - What are we running for?
 - Where are we running to?
 - What training regiment is available for our spiritual lives?

**Here is the opportunity to emphasize the Means of Grace (exercise and proper nutrition) in the life of young people. (See 2 Timothy 3:14-17)
2. Sacrament (Small Catechism Quote, Sacrament of the Altar, “Who receives this sacrament worthily? Fasting and bodily preparation are certainly fine outward training. But that person is truly worthy and well prepared who has faith in these words: ‘Given and shed for you for the forgiveness of sins.’”) The real presence of Christ, forgiveness and life, in this meal is the proper nutrition we need to run!

IV. The Christian Faith as TEAM

1. Watch a video clip from Facing the Giants, scene 12 “Death Crawl”.
2. Discuss Clip together.
 - What initial attitude does Brock have?
 - How does the coach encourage him as he does the “deathcrawl”?
 - What gifts has God given you that maybe you didn’t realize at first? How can you use them to God’s glory?
3. Small Group discussion

- What have you trained for?
- Have you ever won a prize? What? How did you win it? What did it feel like to win?
- Together as a team put together a “Spiritual Training Workout” to present to the entire group!

V. Closing prayer

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