

Word One Bible Study

Spiritual Olympics

by John Hollmann

Text: 1 Corinthians 9:24-27 for the Fifth Sunday after Epiphany (Baptism of our Lord), Lectionary Series B

OBJECTIVES

Participants will:

1. Identify how living our spiritual life is like competing in an Olympics.
2. Realize that ongoing training is essential in our spiritual lives.
3. Rejoice that Christ has already won the prize for us and all we need to do is reach the finish line.

MATERIALS NEEDED

Bibles

GROUP GUIDELINES

Form small groups of 4-6 people. Choose as leader the person who lives farthest from the church. The leader's job is to keep the group moving through the study and be sure that everyone has a chance to participate.

BUILDING COMMUNITY

1. What is your favorite Olympic event? Why?
2. What is your least favorite Olympic event? Why?

LOOKING AT GOD'S WORD

1. Read 1 Corinthians 9:24-27.
2. To what two athletic events does Paul compare the Christian life? (verses 24-26)
3. How is the Christian life like these two events?
4. Why was Paul so concerned about his own spiritual training (verse 27)?
5. What kind of spiritual training do you think Paul did?
6. What is the prize for those who finish the spiritual olympics? (Philippians 3:14)
7. Who guarantees us this prize? How? (Ephesians 2:8-9)

REINFORCING WHAT HAS BEEN LEARNED

1. What kind of spiritual shape are you in? Check the answer from those below that best fits you.
 Couldn't even run 10 meters without stopping to catch my breath.
 I could run a good 100 meters, but that's it.
 I could run 500 meters, no sweat.
 I could run 2,000 meters and keep on going!
2. Now, set up a spiritual training schedule. Include in it. . .
 - a. The time each day you'll do it.
 - b. How God's word will play a part.
 - c. How prayer will play a part.

CLOSING

Close with prayer, praying for the person on your right. Pray that they will look to God for the strength and the guidance to run in the spiritual olympics and win the prize that Christ has waiting for them, and for any special needs that they might have as well.

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