



ABOUT THIS SERIES

The Christian life is like running a race—it takes discipline, training, and focus. In this series, we'll explore six key habits that help us grow as followers of Jesus: prayer, accountability, Bible study, church involvement, generosity, and sacred + shared practices. Together, these habits strengthen our faith and equip us to run with endurance.

THEME VERSE

²⁴ 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. ²⁵ 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. ²⁶ Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to 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 NIV)

WEEK 1 – Hanging Out with God (Prayer)

TEXT: 1 Corinthians 9:24–27; Luke 11:1–4 (Supporting: Luke 5:16; John 10:27)

BIG IDEA: A habit of prayer helps you run the race of being a Jesus follower.

SUMMARY: Prayer is the foundation of our relationship with God. Without it, we drift and try to run the race in our own strength. When we make prayer a daily habit, we learn to depend on God's presence, listen to His voice, and be shaped by His Spirit.

WEEK 2 – Accountability (Honest, Godly Friendships)

TEXT: 1 Corinthians 9:24–27; Galatians 6:1–5 (Supporting: 1 Corinthians 3:11–15; Philippians 2:3–4; Philippians 1:6)

BIG IDEA: Accountable friendships bring healing.

SUMMARY: We aren't meant to run this race alone. Accountable friendships keep us humble, honest, and encouraged, helping us back up when we stumble. These relationships remind us that discipleship is a team effort and brings healing as we carry one another's burdens.

WEEK 3 – Bible Study

TEXT: 1 Corinthians 9:24–27; 2 Timothy 3:14–17 (Supporting: Joshua 1:8–10)

BIG IDEA: Bible study helps us get to know God better.

SUMMARY: God’s Word is inspired, trustworthy, and life-giving. It points us to Jesus, shows us what’s true, and equips us to live faithfully. Studying Scripture regularly anchors us in truth and trains us to face life with wisdom and confidence.

WEEK 4 – Involvement in Church

TEXT: 1 Corinthians 9:24–27; Acts 2:42–47 (Supporting: Romans 12:9–13; Hebrews 10:25)

BIG IDEA: Church involvement means working together to put others first.

SUMMARY: Faith was never meant to be lived in isolation. The early church modeled devotion, generosity, and hospitality, and God used their unity to grow His kingdom. When we prioritize church involvement, we experience true community and invite others into the family of God.

WEEK 5 – Tithing

TEXT: 1 Corinthians 9:24–27; Mark 12:41–44 (Supporting: Deuteronomy 14:22; 2 Corinthians 9:7; 1 Corinthians 16:2a; Matthew 6:4)

BIG IDEA: Giving reveals the heart of the giver.

SUMMARY: Giving is an act of worship that shows what we value most. Jesus taught that the widow’s offering mattered more than the wealthy gifts because it came from her heart. When we give cheerfully—our money, time, and talents—we reflect God’s generosity and grow in trust.

WEEK 6 – Sacred + Shared Practices (Baptism and Communion)

TEXT: 1 Corinthians 9:24–27; 1 Corinthians 11:23–26; Matthew 28:18–19 (Supporting: Matthew 3:13–17; John 14:15; Colossians 2:12)

BIG IDEA: Baptism and Communion are ways to honor and celebrate what Jesus has done in our lives.

SUMMARY: Baptism and communion are not empty rituals but sacred reminders of Jesus’ work. Baptism declares new life in Christ, and communion points us back to His sacrifice and forward to His return. These shared practices keep the gospel at the center and unite us as God’s people.