



## Opening

- We learned today how to take care of our bodies and be physically fit, let's see what the bible says about being fit for the Lord's work.
- *Read, or someone read the Teaching verse. FYI: The memory verse is further down*

### I Corinthians 9:24

"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"

## Devotional

### Big picture

Just as athletes prepare for competition to win, we must also diligently prepare for the work Christ has for us.

- Q: Have you ever prepared for a sports competition or other competition (chess, builder, etc)?
  - It took time and effort to prepare for that competition didn't it?
  - Were you preparing to win? Or just hoping to have fun losing?
- In Corinthians, the apostle Paul is writing about the vigor with which he approaches spreading the Gospel.
  - Paul did not always get a positive response when he shared the Gospel of Christ. People even tried to kill him!
  - Just because someone might not have the reaction to the Gospel we hope for, doesn't mean we shouldn't share it.
- How each Christian is called to be a witness for Christ is not the same. Someone might be preacher--or they might be an office worker who faithfully demonstrates Christ's love to their coworkers.
  - How we run the race Christ has for us takes self-discipline. Just like the discipline in preparing for any competition.
  - We should have the same mind-set, the same purpose, the same discipline, to win the race before us.
  - Exactly how God wants you to serve him is unique, and God will show you more as you mature in life.
- But as a boy, you need to focus on your self-discipline now, keeping your body and mind healthy so later as you grow in wisdom and understanding of God, you are prepared to win the prize in the race God has for you.
- We have taught you today many of the skills needed to live a healthy life so you can run your life's race well.
- Q: Do you have what it takes to be self-disciplined, to capture the prize God has for you? We hope so!
- Just as athletes are careful about eating a balanced diet of good nutrition such as fruits, vegetables, and protein, we need to be diligent about the food we put into our bodies.
- Our bodies also need the good "food" offered by the Bible, fellowship with friends who love God, and good teaching about our faith from parents, teachers and pastors.
  - But never be prideful about your self-discipline, or what prize you seek in life. Comparing yourselves to others, and judging others is wrong. Run your own race well for God.
  - People will be watching you as you run the race God has for you. Your actions will speak louder than any words you say.
- If you run in such a way, being humble and being disciplined, then you can be confident in Christ's reward for you as ran the race He set before you.

### Memory Verse #2

*Ask if anybody knows it yet and can say it? Read it together 2X Consider having a memory verse pamphlet for kids take home.*

### Proverbs 30:5

Every word of God proves true; he is a shield to those who take refuge in him.

### Topical Questions

#### 1. Do you see the parallel between the Memory verse and the Teaching Verse?

*Good race/straight paths; Both verses tell us that if we keep our eyes on the prize (the Kingdom of God), we will be rewarded.*

#### 2. In the teaching verse, some runners don't get the prize. What happened to them?

*Sin, lack discipline*

#### 3. What challenges do you face while trying to stay fit for service to Christ?

### Closing Prayer

Dear Father God, teach these young men to be self-disciplined and to run a good race. When it gets hard, be there for them to encourage them and lift them up so they don't stumble. For Your yoke is light, but this present life is hard because Satan wants to cause them to stumble. Thank you for Your blessings and that you give us good food to eat and the good food of the Bible. In Jesus Christ's name we pray. Amen!



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Trail Life Troop NC-613 is a ministry of **The Shepherd's Church** of Cary, NC.