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### Key Scripture

*<sup>24</sup> Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup> All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. <sup>26</sup> So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.*

### The Next Step

#### Opening Thought

Habits and Discipline are hard to establish. Too often, we make huge plans, then get overwhelmed by the destination. Often the big changes we dream of come from small purposeful steps. In our relationship with Christ we need to do the same; Take purposeful steps to change ourselves to look more like Jesus.

#### For personal reflection or group discussion.

- Do you have any bad habits?
- What is a good habit you have, and how did you establish it?

#### Questions to go deeper in your faith.

In what other areas of life do habits play an important role?

Read 1 Timothy 4:6–9 together. What does this say about training in righteousness?

What are some spiritual habits we can cultivate?

#### Next Steps

- Identify the areas you need to change in your relationship with Jesus.
- Cultivate habits that bring spiritual change.