



# MAYBE THIS YEAR

**MCA**  
The Church on the Hill

## Sermon Outline

### Key verse

*Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.*

Philippians 2:12-13

### 4 Keys to spiritual discipline

#### 1. Pursue the goal

*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.*

1 Corinthians 9:24

#### 2. Pay the price

*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.*

1 Corinthians 9:25

#### 3. Prioritize the kingdom

*Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.*

1 Corinthians 9:26

#### 4. Practice self-control

*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 9:27

## A DISCIPLINED LIFE

**JANUARY 8**  
**DISCUSSION GUIDE**

### Opening Thought

Wouldn't it be great if 2023 was the year you grow as a prayer warrior, or know the Bible better, or lead a friend to Christ? Let's start the new year off with learning habits aimed at growing in Christ. For the next 4 weeks we will be studying spiritual disciplines. It takes discipline to be a disciple because spiritual growth is intentional, not automatic.

### Ice breakers

- What is a goal you have for 2023?
- What is the farthest distance you have ever run?

### Dig Deeper

- Who is responsible for your spiritual growth? (God? You? Someone else?) See 1 Corinthians 3:6 and 2 Peter 3:18.
- Which spiritual disciplines seem to have the biggest impact on your spiritual growth?
- What stood out to you from today's sermon?
- Many of us have been really dedicated to something, whether that is a sport or a club. What is the craziest thing you've done in dedication to a sport, team or club (example: drive \_\_\_\_ numbers of hours to a contest, woke up at 4am for practice for a semester, etc).
- What do you think it means to, "run in such a way as to get the prize"?
- How do you know what activities to say no to?

### Closing

- Leave the past behind – ask God to help you move beyond your failures and hurts.
- Look to Christ – make time this week to spend with the Lord. Consider praying, "Lord, what do you have for me this year?" And then pursue it.
- Be intentional with your habits this week. Choose to spend your time on things that grow your heart and home stronger in the Lord!