

# Like an Athlete

FAMILY THEME: Disciplined Living

STUDY TEXT: 1 Corinthians 9:24-27; Titus 2:1-14; Proverbs 23:1-8

February 17, 2019

1 Corinthians 9:24-27

**Prune your life of anything that hinders the purpose of godliness.** Life is short and time is the ultimate non-renewable resource. We are constantly spending it and can never make more of it. Therefore, spend each moment wisely.

**Discussion:**

- What are some of the things that distract us from our purpose in Christ?
- How can we make better choices and not allow these things to overwhelm us?

Titus 2:1-14

**Measure all you do by the impact it will have on those around you.** The kingdom of God is bigger than any one person. Each of us is responsible for how our lives affect the work of God in those we influence. Make daily choices that draw people to God. **Discussion:**

- In an overtly self-centered society, what are some specific ways we can demonstrate concern for others with our actions?
- What are some attitudes and actions believers should set aside because they may hinder others from coming to Christ?

Proverbs 23:1-8

**Walk in wisdom, exercising self-control and restraint.** An eternal standard brings a life of true satisfaction. Whatever dominates a person is his master. God sets us free from the domination of our flesh. His ways are always superior and bring contentment that momentary pleasures cannot. **Discussion:**

- What are some ways the world currently tries to prey upon the desire of our flesh for indulgence?
- How can we better protect ourselves from the pull of our flesh and make wise choices instead?