

## Discussion Guide

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# Habits and Rabbits, WK2

## Run To Win

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### Main Idea

The habits we choose will determine the number of detours we take. Our choices can either steer us in the direction of God's design for our lives or divert us from his plans and blessings. God wants to lose you from distractions and get you to a place where you can hear, pursue, and execute God's good plan for your life. Today we will learn how to avoid the rabbit trails.

### Anchor Verse:

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! (1 Corinthians 9:24, NLT)

Read 1 Corinthians 9:24-27

### **Build Your Blinders**

Racehorse trainers believe that blinders keep horses focused on what is in front, rather than on distractions such as cheering crowds or other horses. For us, this means we need to be accountable, practical, and spiritual.

Read Matthew 5:29-30; Jeremiah 17:9; Matthew 6:9-13

In what ways are you guarding God's plans for your life? Who are you in an accountable relationship with that is keeping your eyes on the prize? (Who is disciplining you?)

## **Find Your Rhythm**

There is a GRACE for the RACE that God has set before you, so you need to find your PACE. God is less concerned about the speed at which you go through life and more about the pace and rhythm with which you walk it out with Him.

Read Psalm 139:16

How can someone tell what pace they are running the race? How do we embrace the grace He has provided? How do we avoid being an “all at once, and then not at all” Christian?

## **Find Your Reason**

The only thing you can bring with you when you die is other people.

Read Matthew 28:19-20

Who is God calling you to go to? Who is He calling you to disciple?

## **SUMMARY**

In order to run your race well, we need to avoid the rabbit holes and hidden traps that the enemy has laid to deceive you and derail you. We do this by staying focused, building blinders - putting some boundaries in place. Get into a sustainable rhythm where growing in God is a priority and where we are living out our reason by serving others.

## **CALL TO ACTION**

1. Take some time to sit in silence with Jesus and write down what you hear Him say about His plan for your life.
2. Grab your calendar and examine the pace of your life. Schedule your priorities (especially your time with God) at a sustainable pace.
3. Write down the names of three people in your life who need to hear about the hope and life-changing power of Jesus. Pray for them daily and take the opportunity to share your story.
4. Write down the name of at least one person that you can begin investing your time with in order to help them grow deeper in their faith. Pray for them daily and begin to intentionally spend time with them to encourage their faith and challenge them to grow.

# GROUP LEADER RESOURCE

## **Game: House on Fire**

Imagine your house is on fire, and every person and pet who lives there is safe. Now share what you would save if you had a minute to run in and grab three items, and why you would pick those specific things.