

Discussion Questions

The following questions are designed to be used by parents in discussing the sermon with their children, but can be used by anyone in discussing the sermon with others:

1. What stood out to you in this sermon? Why?
2. The Corinthians were familiar with foot races that their city hosted once every two years. What were those races like?
3. What is self-control? Why does a Christian need self-control?
4. Paul speaks about Christians receiving an “imperishable” wreath in the future. What does it mean that the wreath is imperishable? What is this wreath that Christians will receive?
5. Paul warns Christians about being “disqualified.” What does this mean?
6. Are you a follower of Christ? Explain. What would it look like for you to be self-controlled in following Christ? What is the opposite of self-control?
7. How can you become self-controlled and grow in self-control?

Going Deeper:

These questions are designed for the believer to use in prayer with his/her Lord, and in discussion with brothers and sisters in the Lord:

1. How did this sermon challenge your thinking, or grow your understanding?
2. How did Paul show himself to be self-controlled (verse 25) earlier in this section of 1 Corinthians? How did he show that he disciplined his body and kept it under control (verse 27)?
3. Why does Paul liken the Christian life and ministry to a race and to a boxing match?
4. How does this passage relate to the grace of God?
5. Are you so running that you may obtain the prize? Explain. If not, what needs to change? How can this change occur?
6. Are you concerned about being disqualified (verse 27)? If so, why? If not, should you be? Explain.
7. What is the primary way your heart should be affected by this sermon this week? What is the primary way your actions should be affected?