QUESTIONS FOR ADDITIONAL STUDY

1. Tell your story. Describe a time when you experienced the spiritual benefits of personal discipline in your life.

2. What are some of the things that hinder us from living a disciplined life? How can we overcome those obstacles?

3. Read the following passages and note the Bible says about spiritual discipline:

   a) Job 5:17
   b) Proverbs 3:11-12
   c) Proverbs 12:1
   d) Proverbs 13:18
   e) Proverbs 15:32
   f) Hebrews 12:11
   g) Revelation 3:19

4. How does the believer's reward differ from the reward given in the Isthmian games?

5. What practical application are you going to make from this week's message? (*Share your decision with another person*.)
   - ☐ I am going to establish the discipline of a daily quiet time to read God's Word and pray.
   - ☐ I am going to establish a daily Bible reading schedule.
   - ☐ I am going to memorize Hebrews 12:11.

Cornerstone Church
I Corinthians 9:24-27

September 20, 2026
Study Series #018

Running a Good Race

I. Introduction

A. The King's Competition

B. The Isthmian Games

C. The Christian Race

(See Hebrews 12:11; II Timothy 2:5; Hebrews 5:14)

II. Running a Good Race

A. The Command

(See I Corinthians 9:24; II Corinthians 5:10;
I Corinthians 3:12-15; Matthew 25:14-30; Luke 19:11-27;
Matthew 13:1-23; Mark 4:1-20; Luke 8:4-15; Hebrews 12:1)

B. The Prize

(See I Corinthians 9:25; Philippians 3:14; II Timothy 2:5; I Peter 5:4; Revelation 2:10: I Peter 1:4)

C. The Method

(See I Corinthians 9:26; I Timothy 6:12; I Timothy 1:18; Ephesians 6:12)

D. Motivation

(See I Corinthians 9:27; II Timothy 4:7-8; II Corinthians 13:5-7; Titus 1:16)

III. Conclusion

(See Acts 2:42)

If you would like to know more about what it means to be a Christian, or if you would like to talk with someone or have someone pray for you, please see the pastor after the service and he or one of our church leaders will be glad to speak with you.

Passage of Study
I Corinthians 9:24-27

24 Do you not know that those who run in a race all run, but *only* one receives the prize? Run in such a way that you may win.
25 Everyone who competes in the games exercises self-control in all things. They then *do it* to receive a perishable wreath, but we an imperishable.
26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air;
27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

"If we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that our Lord finds our desires, not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered to us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."

C.S. Lewis

All quotations taken from the New American Standard unless otherwise noted. NASB. Nashville, TN: Thomas Nelson Publishers 1995. A free PDF of this note sheet is available: www.cssbchurch.org/sermons-2. © 2026.