



# WINNERS

DON'T JUST RUN YOUR RACE. WIN IT.

## WEEK #2: TRAINING REGIMEN

### INTRODUCTION

For everyone who has ever felt like the race was too long. Like you didn't have it in you. Like you're not strong enough to make it. This one's for you. For everyone running tired. Questioning if you're qualified. Wondering if it's worth it. This is your call to push through. You can be a winner. And this is how it's done. Get rid of what's holding you back and refuse to quit. Life is a marathon, and it's your race. Don't just run it, win it!

### DISCUSSION QUESTIONS

1. Read Ephesians 5:15–17. What does it mean to "walk carefully" and "make the most of the time"? How does this relate to spiritual training?
2. The sermon states: "Nobody gets in shape during the race." Where have you seen this principle play out in your own life—either positively or negatively?
3. Read Daniel 1:8–21. What specific choices did Daniel make that demonstrated he was "in training"? What risks did he take?
4. The sermon says: "Appetites train losers. Winners train their appetites." What does this mean practically? What "appetites" (not necessarily sinful, but potentially distracting) might be keeping you from your best?
5. Daniel was displaced from his homeland, renamed, and forced into a foreign culture. How did he maintain enthusiasm for doing the right thing despite his circumstances? What can we learn from his focus on "placement, not displacement"?
6. Read John 4:31–34. Jesus said his nourishment came from doing God's will. How can we develop this same appetite? What practical steps can help us "hunger" for God's purposes more than temporary satisfactions?
7. "You don't beat an appetite by starving it. You beat an appetite by feeding a more important one." Share an example of when you've experienced this truth. How did focusing on something greater help you overcome a lesser desire?
8. Read 1 Peter 5:6 and Daniel 2:21. How do these verses challenge our culture's emphasis on self-promotion and "making things happen"?
9. The sermon concludes: "Your job isn't to get yourself to the right floor. Your job is to be in shape when the doors open." How does this perspective relieve pressure? How does it increase responsibility?

### SCRIPTURE

1 Corinthians 9:24–27 / Ephesians 5:15–17 / Daniel 1:4–21, 2:21 / John 4:31–34 / 1 Peter 5:6.