

# Running the Race: Decide the Prize

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## *Caleb Gait*

**Questions:** In the “race of life”, are you a fast runner or a little more slow and steady? What is an example?

**We like to run our race our own way**

**Read** Philippians 3:12-14

**The race can only be won  
when we run to and with Jesus.**

Paul wrote to the Church in Philippi to encourage them that the good news of Jesus should rule our lives, regardless of our circumstances. He wanted them to run the race well and gave them some golden truths on how to do that!

### **1. Don't Look Back**

**Question:** What does it mean in this context to forget “what is behind”?

**Read** Philippians 3:4

**If we don't let go of the past,  
the past will hold on to us.**



### **2. Run with an Attack**

**Question:** What does it mean in this context to strain “toward what is ahead”?

Forgetting and running are continuous and simultaneous. The longer and harder we strain forward without dealing with our past, the faster and the harder we fall.

### **3. Let Jesus get you on Track**

**Question:** How does Jesus become and remain the focus of our race of life? If He is not, what or who is there instead?

**In order to move forward,  
we need to decide what or who the prize is.**

**Read** Hebrews 12: 1

**He is waiting for us at the end of the race,  
but he's also going to be with us in the race.**

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**Look for Christ and you will find Him.  
And with Him, everything else.**

C.S. Lewis

**Read** Philippians 3:7-8

**Question:** What's the garbage in your life that you need to let go of?