

# DO THIS IN REMEMBRANCE OF ME

## Week 1: Preparation

Ash Wednesday 2020  
*Olympic Faith*  
1 Corinthians 9: 24-27  
Rev. Craig Gyergyo



### Discussion

Tell about a time of preparation or training in your life. Was there any particular part of the preparation/training that was particularly difficult?



### Scripture

Read 1 Corinthians 9:24-27; Philippians 3:12-14



### Questions

- How does the pursuit of comfort and/or convenience hinder you in your faith?
- Have you practiced the discipline of self-denial in your life? If so, what has been the result of that personal discipline? How can you practice self-denial during the season of Lent?
- The Apostle Paul describes his “training” in vivid language, suggesting that he battles his body. In what way are physical or emotional issues holding you back from pursuing the spiritual practices of Bible reading, prayer, etc.?
- There is a human tendency to attempt to please God through good works. Given the Apostle Paul’s challenge to “run in such a way as to get the prize”, how can we maintain a healthy view that our salvation is by grace, not works?



## Application

Choose a way that you will take steps toward continued spiritual maturity during Lent. Whether through repentance, discipline, or focus you have the opportunity to make the next weeks a time of vibrant growth.



## Prayer

Heavenly Father - Thank You for your love, mercy, and grace to us through Your Son, Jesus Christ. Through Him, and Him alone, we have been given a lane to run the race of the Kingdom Life. As we seek to run this race, give us strength through the Holy Spirit to be self-controlled and disciplined. Help us to battle our bodies so that we might be devoted to you in every way! And thank you in advance for helping us to stand up and run once more whenever we stumble along the way. We humbly ask that You would strengthen us during this Lenten season. We ask all of this in the name of our Champion, the Lord Jesus - AMEN.



## Notes

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CHRIST  CHURCH

at Grove Farm