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Council Bluffs, Iowa

Series: Winning a Race
Sermon: 2 of 4
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Discussion Questions:

TRAINING FOR THE CROWN

1. How was an ancient athlete “temperate”?
2. What does spiritual training involve?
3. What spiritual exercises should we do on daily basis?
4. What kind of crown was Paul talking about?
5. What prize is worth all the “toil and sweat and tears”?
6. Are you exerting your energy for the right reason? If not, why?
7. How can you keep a smile on God’s face?



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This supplementary material coincides with a sermon presented in American Sign Language.
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