



# GUIDED BIBLE STUDY

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## Running the Race

**Speaker: Rob Riedel**

### Highlighted Scripture

#### **Hebrews 12:1**

**Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us.**

#### **1 Corinthians 9:24–25**

**Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.**

#### **Philippians 4:13**

**I can do all things through Christ who strengthens me.**

### Discussion Questions

- 1. What does “relentless forward motion” mean in your spiritual walk?**
- 2. How do Hebrews 12 and 1 Corinthians 9 challenge us to live with perseverance and discipline?**
- 3. In what ways has God used struggles or valleys in your life to grow your faith?**
- 4. When have you tried to “steer the boat” instead of letting God lead? What happened?**

## **5. How can you encourage others who feel stuck in their race of faith?**

### **Reflection Challenge**

- **Identify one “weight” or burden that is slowing your spiritual race and pray about surrendering it to God this week.**
- **Meditate on Philippians 4:13 whenever you feel weak, tired, or discouraged in your faith journey.**
- **Encourage someone else in their “race” by offering support, prayer, or simply reminding them they are not alone.**

### **Prayer Prompt**

**Lord, thank You for the race You’ve set before me. Give me strength to persevere when I feel weary, courage to trust You to steer, and faith to keep moving forward—whether running, walking, or crawling. Help me to remember that I am never alone, that You are with me in the valleys and the mountaintops, and that in Christ I can do all things. Amen.**



