



WINNERS

DON'T JUST RUN YOUR RACE. WIN IT.

WEEK #4: ARE YOU IN SHAPE?

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. Which of Joseph's four practices resonates most with your current situation? Why?
2. When have you seen someone (or yourself) react to difficulty versus reorient toward opportunity? What was the difference in outcome?
3. What situation in your life right now is tempting you to ask, "Why me?" instead of "What now?" How might God be inviting you to shift your perspective?
4. Joseph built spiritual muscle by faithfully serving in Potiphar's house. What "stock room" assignment has God given you that might be building muscle for a future opportunity? Are you treating it as insignificant or as preparation?
5. Joseph refused immediate gratification that would have destroyed his favor. What "easy payoff" are you currently tempted by that could sabotage God's long-term plan for you?
6. Joseph chose forgiveness over revenge when he had the power to retaliate. Is there a past wrong you're still trying to make right instead of embracing your current season? What would it look like to let that go?
7. The sermon mentioned three responses to temptation: say no, stay away, and run fast. Which of these do you need to practice more consistently? In what area?
8. Genesis 39:2 says, "The Lord was with Joseph." How does knowing God's presence is with you change how you approach your current challenges?
9. Joseph stayed "in shape" even on his deathbed, still trusting God's promises. What spiritual disciplines do you need to strengthen now to ensure you finish well?
10. What was your biggest takeaway from the message, and why?

SCRIPTURE

1 Corinthians 9:24-27, 10:13 / Genesis 39:2-23, 50:19-21 / Matthew 6:34 / Hebrews 11:22.