

# Riverside Church of God in Christ

## Sunday School on the Run – Student Guide

Lesson Date: February 8, 2026 (Super Bowl Sunday)

**Lesson Theme:** Playing the Game of Life with Discipline, Focus, and Faithfulness

### **Key Scriptures (KJV):**

1 Corinthians 9:24–27; Luke 9:23

### **Lesson Summary:**

On this Super Bowl Sunday lesson, believers are reminded that while athletes prepare intensely for a championship, Christians are called to live every day with spiritual discipline and purpose. The apostle Paul compares the Christian life to a race that requires self-control, focus, and endurance. Jesus reinforces this truth by calling His followers to daily self-denial and faithful obedience. The lesson emphasizes that faithfulness, not popularity, leads to an incorruptible crown from God.

### **Lesson Objectives:**

- Understand the biblical comparison between athletic discipline and Christian living.
- Recognize the importance of spiritual self-control and focus.
- Identify distractions that can weaken a believer's walk.
- Apply biblical discipline to daily Christian life.
- Commit to running the race of faith with endurance.

### **Key Teaching Points:**

- Every believer is running a race, whether intentionally or not.
- Spiritual discipline prepares believers for challenges.
- Self-control strengthens faith and witness.
- The Christian race focuses on eternal rewards, not temporary praise.
- God provides grace and strength for endurance.

### **Life Application:**

Believers are encouraged to examine areas of their lives that require greater discipline and focus. Just as athletes train daily, Christians must remain consistent in prayer, study of God's Word, and obedience. True victory is found in faithfulness to God's calling, not in worldly success.

**Reflection Questions:**

- What does running the race of faith look like in your life?
- What distractions hinder your spiritual focus?
- How can self-discipline strengthen your walk with Christ?
- What daily practices help you follow Jesus faithfully?

**Memory Verse:**

“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.” (1 Corinthians 9:24, KJV)