

Week 2

RUNNING WITH PURPOSE

1 Corinthians 9:26 (NLT)

"Therefore, I run with purpose in every step. I am not just shadowboxing."

INTRODUCTION:

Many people are busy but not necessarily moving forward. They are running, but without clear direction. In the Christian life, it is not just about doing things, but about doing the right things with purpose. God did not call us to live aimlessly, but with focus, intention, and direction. An athlete does not run without knowing where they are going; every step has meaning. In the same way, our lives must be aligned with God's purpose.

1. GOD CALLED US TO LIVE WITH DIRECTION.

Proverbs 19:21 (NLT) – "You can make many plans, but the Lord's purpose will prevail."

- Not everything good is part of your purpose. Many good things can fill your time, but not all of them come from God. Being busy does not mean being focused. We need discernment to know what is and what is not part of God's purpose for our lives.
- Purpose is discovered through a relationship with God. You cannot know your purpose apart from Him. The more time you spend with Him, the more clarity you will receive, because God reveals direction to those who sincerely seek Him.
- Focus requires decisions. Living with purpose means saying "no" to distractions. Every decision you make either brings you closer to or farther away from your calling. Focus is a daily discipline.

2. AVOID RUNNING WITHOUT DIRECTION.

Ephesians 5:15–16 (NLT) – "So be careful how you live... make the most of every opportunity."

- Distractions steal your purpose. Social media, worries, or excessive entertainment can cause you to lose focus. The enemy does not always stop you; sometimes he simply distracts you. And a distracted life is a life without direction.
- Lack of focus leads to exhaustion. Doing many things without direction produces fatigue and frustration because, when there is no clear purpose, everything feels heavy. On the other hand, focus brings energy, clarity, and motivation. And when you feel tired or confused, it is easy to want to quit... but that is when you must remember: "Don't give up." You simply need to refocus your life.
- You need to evaluate your path. It is important to stop and ask yourself: Am I going where God wants me to go? Adjusting your course is not failure; it is wisdom. God is always willing to redirect your life.

3. HONOR GOD WITH YOUR LIFE AND YOUR BODY.

1 Corinthians 6:19–20 (NLT) – "You do not belong to yourselves... honor God with your body."

- Your life has purpose because it belongs to God. We do not live for ourselves; we live for Him. When you understand this, your decisions begin to change. Your purpose is connected to honoring God in everything.
- Health is also part of your purpose. Your body is an instrument to fulfill God's calling. Rest, nutrition, and physical care are part of your discipline. You cannot run well if you are not healthy.

- Every area of your life must be aligned. Not only your spiritual life, but also your emotional and physical life. God desires a whole life, not a fragmented one. When everything is aligned, you move forward with strength and clarity.

CONCLUSION:

God did not call you to live distracted or without direction. He called you to run with purpose, focus, and intention.

Today is the day to adjust your course, remove distractions, and align your life with Him. Run with purpose, because every focused step brings you closer to the destination God has prepared for you. And even when you feel tired, confused, or unfocused... “Don’t give up.” Because when you run with purpose... you run to win.

SALVATION PRAYER:

Lord Jesus, I acknowledge that I have sinned and that You died for me. Today, I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my Lord and personal Savior. Amen.

MEMORY VERSE: 1 Corinthians 9:26 (NLT)

“So I run with purpose in every step. I am not just shadowboxing.”

INTERACTIVE QUESTIONS:

1. In what area of your life do you feel that you are running without direction?
2. What distractions are currently stealing your focus?
3. What change do you need to make to align yourself with God's purpose?

GROUP ACTIVITY: “Adjusting the Course”

Each person writes down:

- o Where they are today
 - o Where they want to go
 - o What things are pulling them off course
- Then share with the group and pray for direction and focus.

PRACTICAL APPLICATION FOR THE WEEK:

- Identify one major distraction and reduce or eliminate it.
- Establish a daily time with God to seek direction.
- Make one concrete decision that aligns your life with God's purpose.

Challenge: Live each day intentionally, asking: “Is this bringing me closer to my purpose or pulling me away from it?”