Running Light: Competition

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Hebrews 12:1 "…let us strip off every weight that slows us down."
We often carry extra baggage in our lives that slows us down. It is sin but not only sin - often relational stuff.
Question: What are some baggage items that are not sin that slow us down in life?

1 Samuel 1:1-7
There is healthy competition in sport or business, but when it's relational, it can be damaging and hurtful. Competition becomes toxic when it's not enough to do your best. You have to be better than someone else. Penninah was successful because she had children. She was even more successful because Hannah didn't.

Questions: Do you have someone in your life like this? When have you experienced this in your life? Explain
Have you been aware of the deep insecurity inside of you that causes you to doubt your sense of value? Is there an experience in life that illustrates this?

1 Samuel 1:9 **"Hannah got up …"** which means "She made herself powerful … came to the decision point." You can be victimized but someone can't make you a victim. You can choose to be one.

Question: Have you ever wrongly empowered someone in your life to define who you are? Can you share?

- If you compete with your rival, you will become like your rival. "Competition creates resemblance." Marshal McLuhan

Question: Is there an example of this that you have seen or experienced?

Luke 6:27-31
- Competition disconnects you from your only source of true validation.

Question: Has accomplishment ever been defined success or lack of success for you?
Romans 5:8 "... while we were still sinners."

Hannah "went to pray."
1 Samuel 1:10-11
Hannah is not cutting a deal with God, she is surrendering her "mark of success."
"... our deepest hunger is only satisfied when we're rightly related to God." Greg Boyd

Questions: How does your life look different when you surrender your "mark of success" in life? When have you experienced this in the past? What is the one area competition you need to step out of?

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