



SHELBY CHRISTIAN CHURCH

WE OVER ME: SUPERBOWL SUNDAY * 1 CORINTHIANS 9:24-25, 1 TIMOTHY 4:7-8,
ECCLESIASTES 4:9-12, HEBREWS 12:1-2 * 2/8/2026

Athletes pursue temporary glory; followers of Jesus live for eternal impact.

What's your favorite Super Bowl moment or team memory?

If faith were a sport, what position do you think you'd play—and why?

| HAVE A VOLUNTEER READ 1 CORINTHIANS 9:24-25

What does it mean to “run in such a way as to get the prize” in the Christian life? How would you describe the “self-control” Paul is talking about?

In what ways does your faith currently resemble a focused race—or not? What areas of your life require more spiritual discipline or self-control?

| HAVE A VOLUNTEER READ 1 TIMOTHY 4:7-8

What kind of discipline does it take to prepare for the Super Bowl? What kinds of training or habits currently shape your daily life? What does spiritual training look like in everyday life?

Which is harder: physical discipline or spiritual discipline? Why? In what ways have you seen godliness benefit your life right now? Where do you find it hardest to stay consistent in spiritual training?

| HAVE A VOLUNTEER READ HEBREWS 12:1-2

What images or phrases in these verses stand out to you the most? How do you distinguish between a weight and a sin in your own life? What does it mean to “fix our eyes on Jesus” in practical, everyday terms? Jesus is described as the “pioneer and perfecter of faith.” How does that shape your understanding of His role in your spiritual journey?

APPLICATION

How can spiritual disciplines (prayer, Scripture, community, rest) function like training? What is one practical change you could make this week to “run with intention”? What spiritual disciplines could help you grow in godliness? How can you build a regular rhythm of training without becoming legalistic? What is one practical step you can take this week to train for godliness?

Ecclesiastes 4:12 mentions a “cord of three strands.” What might that third strand represent in your life or faith community?

PRAYER