

## **Stay in Your Lane**

### **Ready:**

"Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it." - 1 Corinthians 9:24

### **Set**

We all know that there are several events in sports in which an athlete must stay in his or her lane in order to win the race. If they get out of their lane, they are disqualified. Staying in your lane is a requirement of the race and an athlete must train so that he or she learns to compete within the specific parameters of the lane. It is the same way in the Christian life.

We must all learn to stay in our own lane. We have all been given different gifts and talents and each of us has an individual call on our lives. One of the most fundamental aspects of our call is that we learn to do what we are supposed to and not have our eyes on someone else's race and what they are doing. It is easy to get distracted by what others are doing and begin to compare what we are supposed to do with what they are doing. Our own race may not be as exciting or attention grabbing as someone else's race. It must not matter to us. In order to be successful, we must learn to be content with the race we are called to run.

We also must learn to say no to those things that will distract us from completing our race. There are many "good" things that want to take us out of our own lane and keep us from doing what we are called to do. It takes discernment and intentionality in order to be able to focus on our own race and say "no" to the temptations that want to get us out of our lane and disqualify us from our race.

How can we learn to run our own race and keep from becoming distracted and getting out of our own lane? The answer is simple: we must always keep our eyes on the goal, i.e. Christ. If we will keep our eyes on Christ and off of other people and what they are doing, we will finish our own race and receive the crown that is set before us.

### **Go**

1. What distracts you the most in your challenge to run your own race?
2. How have you learned to say "no" to the things that distract you from completing your race?

### **Workout**

1 Corinthians 9:24-27

**Bible Reference:**

1 Corinthians 9:24-27



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