



Week 4

What's something "easy" you nearly failed (gym mile, participation grade, simple chore)?

What did you learn from it?

Where are you at lap one right now—school, team, home, friendships, or faith? Keep it general and kind (no names).

Read 1 Corinthians 9:24 out loud. In your own words, what does "run to win" mean for a middle-schooler (without beating other people)?

What makes you want to quit or compare in that area—distraction, embarrassment, perfection, someone else's highlight reel?

If "no one claps at lap one, but God is watching," what changes about how you'll run this week?

Define one step in the next 24 hours (tiny and concrete): study 10 minutes, email a teacher, apologize, show up to practice, text "can we talk?", set an alarm and actually get up. What's yours?

Who will check in with you (friend you trust, leader, parent/guardian), and when will you tell them your step?