



## Series: *The Man in the Mirror*

### The Rat Race

*Galatians 5:7, 9, Hebrews 12:1-3, 1 Corinthians 10:13,  
Matthew 23:12, 2 Timothy 4:7-8*

1. How often do you ask yourself, "What's it all about?" and "Is this all there is?" How much have you struggled with the rat race, and why?
2. Which one of the "five rat traps" discussed today do you find most tempting, and why?
3. What are some specific steps you can take to make sure that, like Paul in 2 Timothy 4:7-8, you finish the race you really want to win?

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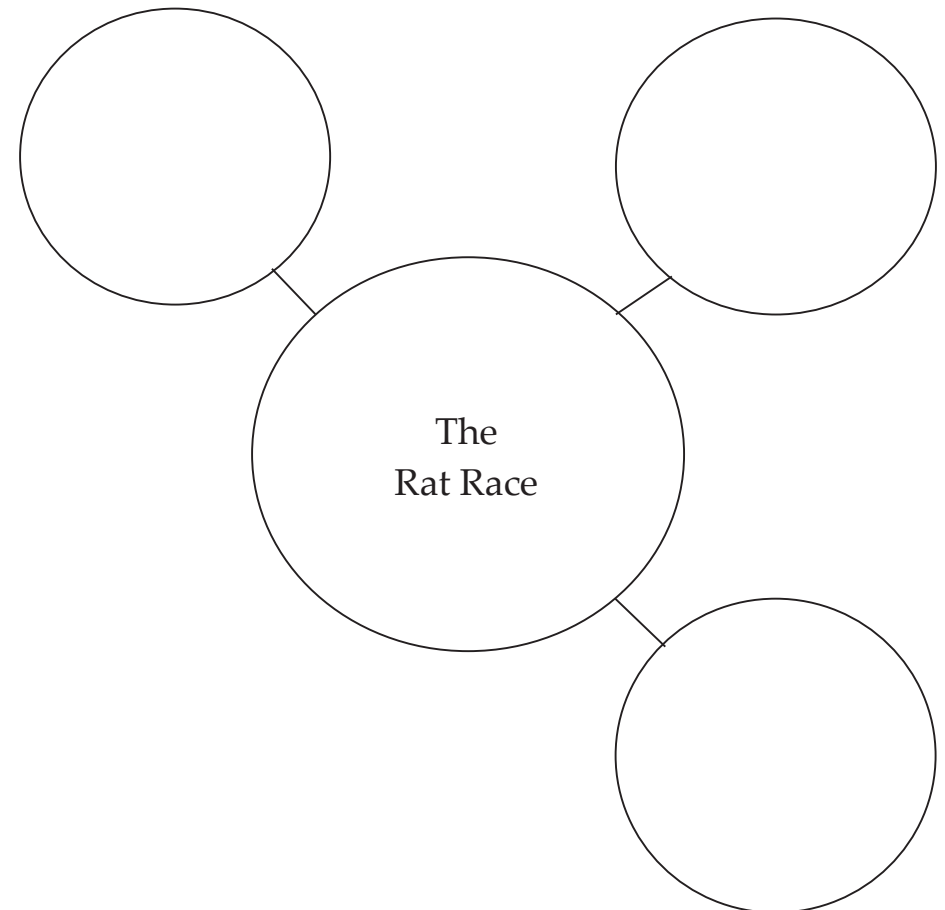


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*The Big Idea:* \_\_\_\_\_





# A Self Examination

Reflect on the following continuums and place an "X" where you think you have been and a "check mark" where you would like to end up in the near future. Put an "\*" next to the area needing the most attention.

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<b>Rat Race</b> Gal 5:7		<b>God's Race</b> Heb 12:1-2
<b>Unexamined Life</b> 2Cor 13:5; Jer 17:9		<b>Examined Life</b> Lam 3:40
<b>Secular Life View</b> Col 2:8		<b>Christian Life View</b> 2Cor 10:5
<b>Cultural Christian</b> Rev 2:2-4; 3:15-17; Luk 8:12-15		<b>Biblical Christian</b> Joh 15:8; Gal 5:22-23; Luk 8:15
<b>Poor Relationships</b> Col 3:19; 1Pet 3:7; Eph 6:4; 1Joh 3:10; 4:20-21		<b>Good Relationships</b> Eph 5:21-28; 1Cor 11:11; Ecc 4:9-10
<b>Poor Steward</b> Pro 21:20; 1Joh 3:17		<b>Good Steward</b> Mat 25:21, 23; 1Cor 4:2
<b>Poor Witness</b> Mat 5:13		<b>Good Witness</b> Rom 1:16; Mat 28:18-20
<b>No Accountability</b> 1Cor 10:12		<b>Full Accountability</b> Pro 27:17; Gal 6:2

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