

A Look at “The Race Begins” Lessons for the New Believer

Get Off to a Good Start

Becoming familiar with the material (the thinking behind them and how to use them).

1. Getting started: Seminar and Teachers Manual
2. The Bible Studies: Steps 1–20
3. “Keep Growing By:” Applications/Reading/The Memory Verses
4. The Supplemental Material (“Your Identity in Christ,” “Meeting with God,” etc.)

Overview of “The Race Begins”

Each session is based on a 60 to 90 minute period of time. Often a volunteer may have a couple of hours per visit, but the time used in checking in and ending on time makes a 60 to 90 minute period more workable.

The suggested breakdown of the 60 to 90 minute period is as follows:

10 – 15 minutes	Getting caught up on how things are going
1 – 2 minutes	Opening prayer
40 – 53 minutes	Doing/discussing the Bible Study Step or other assignment
5 – 10 minutes	Reviewing the memorized Bible verses
4 – 10 minutes	Prayer together
60 – 90 minutes	

You have the freedom to adjust the timing of each session to best meet people’s needs and to accomplish the goal of the session. Although the curriculum is based on 20 sessions, we know that it will take differing amounts of time to actually cover the material.

Pace Yourself

Don’t be bound by thinking you must move quickly and on pace with the material for each session. On the other hand, don’t become too lax in covering the content. You and the people you are helping will become frustrated if you move either too quickly or too slowly through the material. The tendency, however, is to slow down too much. Your local trainer or coordinator can help you plan out the 20 lessons.

Start Anywhere

The material is designed to be covered in the order of the numbered steps. **You might, however, decide to cover the other steps in a more random order.** Become familiar with material associated with each letter.

Check Progress

Don’t forget to occasionally refer back to the theme of “running a race.” You can sometimes use one or more of the questions related to Hebrews 12:1–3 in a session:

- What are you discovering about Jesus as the Coach?
- Are you aware of any hindrances/sins preventing your spiritual growth?
- What do you think God is saying to you about running your daily race?
- What is helping you to keep moving forward in your race?