

Appendix A

Overview of “The Race Begins” Lessons

Step 1: Introduction to OSL materials (May require two meetings.)

Goal: Review the OSL Event; get organized for the OSL sessions to follow.

Review of the Gospel and personal decisions made at the OSL.

Materials: *Step One – Knowing God Personally by Learning Who I Really Am*/The “Running the Race” booklet handed out by Prison Fellowship (See Appendix I on page 101)/The “How to Memorize” and “The Race Begins” verse cards/This Appendix giving an overview of each lesson.

Key Verse: Hebrews 12:1–3 (Memorize the phrase “. . . we must be determined to run the race that is ahead of us.”)

Administrative Details: Breaking into smaller groups.

Assignment: Read through or review the “Running the Race” booklet.

Step 2: Secure in Christ

Goal: To check for spiritual life and to cover assurance of salvation.

Materials: *Step Two – Knowing God Personally Now and Forever*/"Your Identity in Christ" page/"The Overcomers Covenant in Christ" page.

Key Verse: 1 John 5:11–12 (Assurance of Salvation).

Assignment: Thanking God/Realizing “I am God’s child”/Memorizing 1 John 5:11–12.

Step 3: Secure in Christ

Goal: To help the person trust God, not merely rely on feeling.

Materials: *Step Three – Knowing God Personally and Trusting Him*.

Key Verse: Proverbs 3:5–6 (Assurance of Guidance).

Assignment: Telling God needs/Realizing “I am Jesus’ friend”/Memorizing Proverbs 3:5–6.

Step 4: Secure in Christ

Goal: To explain what to do when sin hinders a person from following Christ.

Materials: *Step Four – Knowing God Personally and Following Him*.

Key Verse: 1 John 1:9 (Assurance of Forgiveness).

Assignment: Confessing sins/Realizing “I am acceptable to God”/Memorizing 1 John 1:9.

Step 5: Trusting Jesus as the “Coach”

Goal: To emphasize the importance of the Bible in listening to God.

Materials: *Step Five – Knowing God Personally and Meeting with Him*.

Key Verse: Psalm 119:105 (God’s Gift of His Word).

Assignment: Meeting with God/Realizing “I am united with Jesus”/Memorizing Psalm 119:105.

Step 6: Trusting Jesus as the “Coach”

Goal: To show the group how to have a daily meeting with God by having a “quiet time” with Him.

Materials: *Step Six – “A Daily Meeting with God”/Meeting with God Highlights*.

Key Verse: 1 Chronicles 16:11 (God’s Gift of Meeting with Us).

Assignment: Using “Highlights” page/Reading in Mark/Memorizing 1 Chronicles 16:11.

Step 7: Trusting Jesus as the "Coach"

Goal: To teach the power for living as a Christian comes from the Holy Spirit.

Materials: *Step Seven – Knowing God Personally and Seeing His Power.*

Key Verse: 2 Timothy 1:7 (God's Gift of the Holy Spirit's Power).

Assignment: Realizing "I belong to God"/Reading in Mark/Memorizing 2 Timothy 1:7.

Step 8: A New Me

Goal: To show how the Holy Spirit relates to a Christian's obedience/victory.

Materials: *Step Eight – Knowing God Personally and Obeying Him.*

Key Verse: Ephesians 5:18 (God's Gift of Power to Obey).

Assignment: Confessing sin/Realizing "I am a member of Christ's Body"/Reading in Mark/Memorizing Ephesians 5:18.

Step 9: A New Me

Goal: To review what happens when someone receives Christ.

Materials: *Step Nine – Knowing God Personally and Changing Inside and Out.*

Key Verse: 2 Corinthians 5:17 (God's Gift of a New Identity in Christ).

Assignment: Thanking God/Reviewing "Your Identity in Christ"/Reading in Mark/Memorizing 2 Corinthians 5:17.

Step 10: Running the Race

Goal: To stress the value of ongoing Bible study to know God and grow in Him.

Materials: *Step Ten – Knowing God Personally and Listening to Him.*

Key Verse: Psalm 119:130 (Growth from God's Word).

Assignment: Writing "PACES"/Reading in Mark/Memorizing Psalm 119:130.

Anytime during the period for Steps 11–20, the Old Testament Walk Thru seminar may be offered as a Special Event by a qualified Walk Thru the Bible instructor.

Step 11: Running the Race

Goal: To remind the group that God listens to us, cares for us and wants us to talk with Him.

Materials: *Step Eleven – Knowing God Personally and Growing in Prayer.*

Key Verse: Philippians 4:6–7 (Growth from Prayer).

Assignment: Using a Prayer Sheet/Reading in Mark/Memorizing Philippians 4:6–7.

Step 12: Running the Race

Goal: To stress the value of belonging to the Christian "family" and being with other Christians.

Materials: *Step Twelve – Knowing God Personally and Growing Close with Other Christians.*

Key Verse: Hebrews 10:24–25 (Growth from Other Christians).

Assignment: Showing love to another Christian/Reading in Mark/Memorizing Hebrews 10:24–25.

Step 13: Running the Race

Goal: To show that God wants us to tell others about Him, with the Holy Spirit's help and power.

Materials: *Step Thirteen – Knowing God Personally and Growing in the Faith.*

Key Verse: John 9:25 (Growth from Sharing Christ).

Assignment: Telling Your Story/Reading in Mark/Memorizing John 9:25.

Step 14: Running the Race

Goal: To summarize important aspects of Christian living, using "The Wheel".

Materials: *Step Fourteen – "The Wheel" Illustration.*

Key Verse: John 15:5 (Growth from Christ as Center).

Assignment: Reviewing "The Wheel"/Reading in Mark/Memorizing John 15:5.

Step 15: Time with God and His Word

Goal: To present five methods for getting a grasp on God's Word.

Materials: *Step Fifteen – Knowing God Personally by Taking in His Word/"The Hand" Illustration.*

Key Verse: Hebrews 4:12 (Growth from taking in God's Word).

Assignment: Balancing "The Hand"/Reading in Mark/Memorizing Hebrews 4:12.

Step 16: Time with God and His Word

Goal: To cover hearing and reading the Bible in more detail.

Materials: *Step Sixteen – Knowing God Personally by Hearing and Reading His Word/Bible reading record.*

Key Verse: Revelation 1:3 (Growth from Hearing and Reading God's Word).

Assignment: Using a "Reading Record"/Reading in Mark/Memorizing Verse 13.

Step 17: Time with God and His Word

Goal: To cover studying more deeply, emphasizing how to apply God's Word.

Materials: *Step Seventeen – Knowing God Personally by Studying and Applying His Word.*

Key Verse: Ezra 7:10 (Growth from Studying and Applying God's Word).

Assignment: Choosing a Passage to Apply/Reading in Mark/Memorizing Ezra 7:10.

Step 18: Time with God and His Word

Goal: To cover memorizing and meditating in more detail.

Materials: *Step Eighteen – Knowing God Personally by Memorizing and Meditating on His Word.*

Key Verse: Psalm 119:97 (Growth from Memorizing and Meditating On God's Word).

Assignment: Using "A-E-I-O-U"/Reviewing the Gospel of Mark/Memorizing Psalm 119:97.

Step 19: Reviewing the Race

Goal: To discuss what has been learned and experienced in "The Race Begins".

Materials: *Step Nineteen – "Reviewing the Race".*

Key Verse: Philippians 1:6 (Growth from God's Work in Me).

Assignment: Filling out Chart/Reviewing OSL Steps 1–18/Memorizing Philippians 1:6.

Step 20: Looking Ahead

Goal: To help people anticipate and look ahead for ongoing Christian growth.

Materials: *Step Twenty – "Looking Ahead".*

Key Verses: Psalm 119:32/Galatians 5:7.

Assignment: None.