

1. What goals does Paul set himself in v10-11 - Can you put them in your own words? What questions do you have about them?
2. How can goals help or hinder us? What sort of goals should we have?
3. How can we get to know Christ better? What lessons could we learn from how husbands and wives should maintain and grow in love for each other?
4. Read Romans 7:21-25. Why do you think Paul wants 'to know the power of Christ's resurrection'?
5. What challenge and encouragement is this to us? What power do we often seek to live by? How can we tap into this resurrection power so that we can defeat sin?
6. What proper assessment does Paul have of his spiritual condition in v12-13? Why is such a proper assessment essential for spiritual growth?

Personal Question: In what areas do you need to grow?

7. In verses 12-14 Paul compares himself to an athlete who is running a race. Why is this an appropriate description of the Christian life? How does it tie in with his goal setting in v9-10?
8. Why is dissatisfaction important in the Christian life? What sort of things should and shouldn't we be dissatisfied about?
9. What do you think Paul means when he talks about "Forgetting what is behind"? Why is this necessary and important to achieving our goals?
10. How are the truths that Christ first takes hold of us (v12) and the hope of Heaven (v14) an encouragement to growth?
11. What does this passage say to someone who says, "If all Christians get to Heaven, why should I put in extra effort?"
12. What challenge does v16 bring to us?