

## The Rat Race

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“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us . . .” Hebrews 12:1

### SUMMARY:

“The proverbial questions of the rat race—‘what’s it all about?’ and ‘Is this all there is?’ – have tortured us all at one time or another. No matter how successful we become, these questions always lurk in the shadows, just waiting to pounce on us when life’s problems overtake us. We strain to keep it all together, but the pressure is often like a tight band around our chest. Sometimes, the gravity of our debts and duties weighs us down so much that our interior posture is in a slump—even if we fake it and stand tall to the world. Do biblical principles really address the twentieth-century problems we men have? Is it possible for us to sort through our challenges and build a workable model for us to live by?”

p. 23 *The Man in the Mirror* by Patrick Morley

### NOTES:

### DISCUSSION POINTS:

- Do you believe that most men are caught up in the rat race right now?
- In what ways do you think your material standard of living has gone up since you were a kid? In what ways do you think your moral/spiritual/relational standard of living has been affected?
- It is easy for us men to get lulled into spiritual complacency. How has consumerism and the media impacted you own values of how you spend your time and money?
- What practical things can we do to loose ourselves from this grip?

### APPLICATION:

- List what strategies that you heard at the table today. Adopt one that you will believe will help you think and act differently about your “rat race” struggle.

### ON YOUR OWN...

Galatians 5:7  
1 Corinthians 6:12  
Ecclesiastes 5:10  
2 Corinthians 5:17  
Matthew 6