



What does the Bible teach?

Running is hard when we carry dead weight. (v. 1)

Sin is sticky and clings to us till we lay it aside. (v. 1)

Running the race takes every ounce of our endurance. (v. 1)

Jesus is the motivation and goal of the race. (v. 2-3)

How should I respond?

Throw off the dead weight.

Get rid of sin before it drains your endurance.

Find your motivation in Jesus.

Commit to running the marathon.

Endurance develops every time you reject the temptation to give up.

Rick Warren, Purpose Driven Life