


Running the Race - Part 3 - Committed to the Race - Preparation


July 27, 2025

Running the Race - Part 3 - Committed to the Race - Preparation

- It's a Marathon – *Don't Stop*
- Surround Yourself – *Teamwork*
- Committed to the Race – *Preparation*
- Finish Line - *Reward*



LakesideCOG



Running the Race

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

A Runner/Athlete must *Prepare* for the Race they are about to run in order to *Endure* the race.

Committed to the Race - Spiritual Disciplines

1. Our flesh does not like Discipline
2. The flesh lusts against the Spirit, and the Spirit against the flesh... Galatians 5:17

Fasting

1. Jesus fasted 40 days PRIOR to starting His earthly ministry
Matthew 4:1-11
2. Fasting decreases the will of the flesh while increasing the Power of the Spirit that works in and through us
example Mark 9:29

Prayer

1. Jesus (our example) often withdrew to pray
Luke 5:16
2. Jesus taught the Disciples to pray
Matthew 6:5-9
3. Types of Prayers
 - Confession, Petition/Supplication, Communication, Intercession, Consecration, Lamentation, Thanksgiving, To name a few

Word

1. All Scripture is given by inspiration of God... that the man of God may be complete, thoroughly equipped for every good work
II Timothy 3:16-17
2. God's Word is a Covenant (Contract) between God and man
3. God's Word is a Love Letter from God to man
4. God's Word will Guide us on this Race
Psalms 119:105
5. God's Word is a living Word - eternally relevant
John 1:1, Hebrews 13:8

Worship

1. Let everything that has breath praise the Lord
Psalm 150:6
2. Let us be thankful, and so worship
Hebrews 12:28
3. Worship starts at home, in your car, in your prayer place - Don't wait until you get to Church