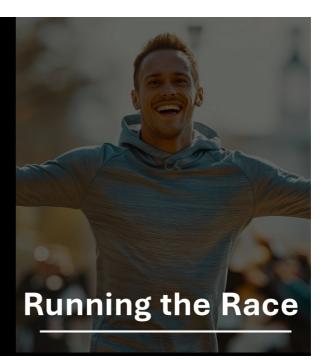
## Running the Race -Part 3 - Committed to the Race -Preparation

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





**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 agains 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

- 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