



*the*  
**LEGACY**  
*of a*  
**WELL-RUN RACE**



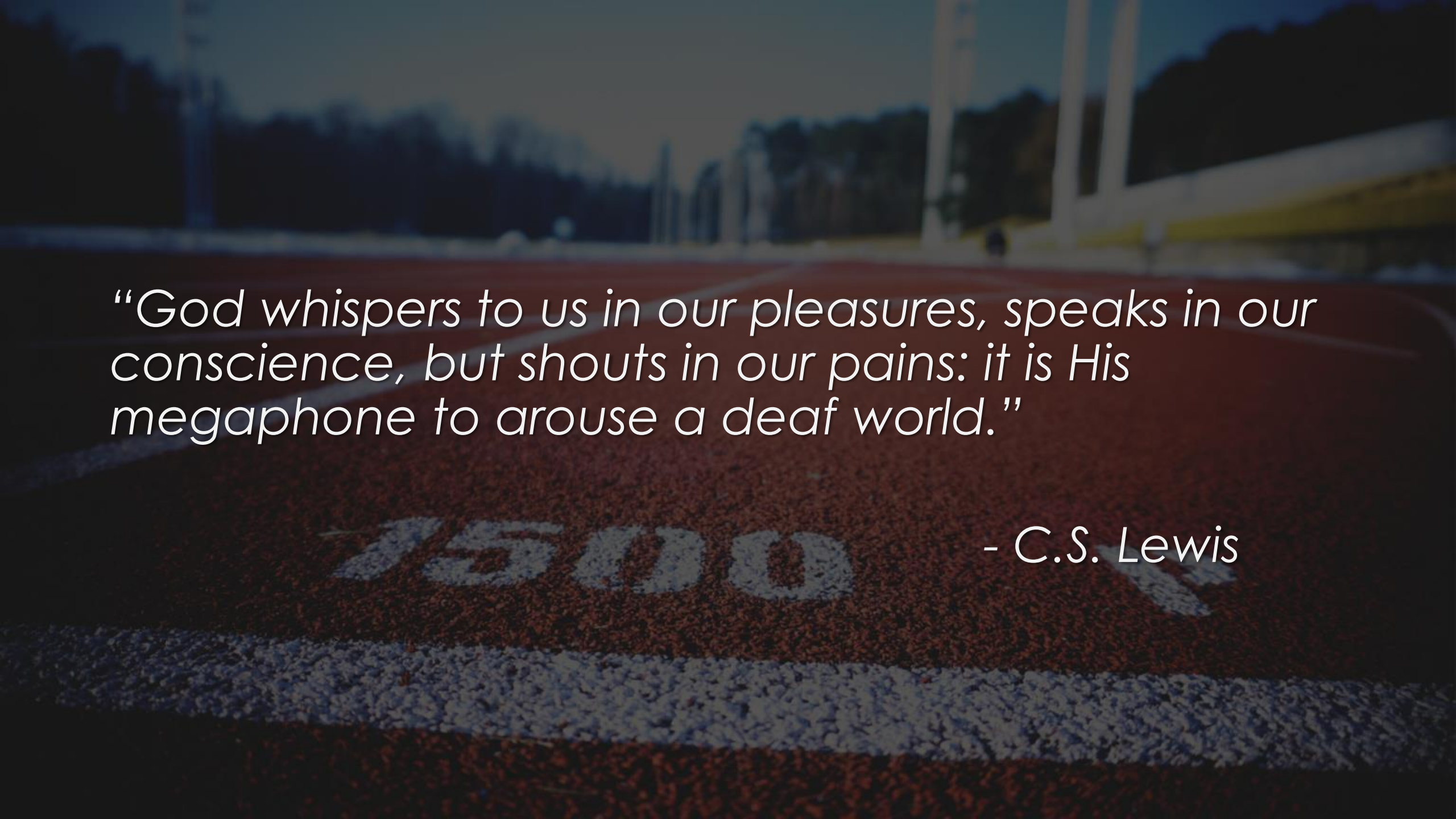
# The Legacy of a Well-Run Race

Part 4: The Power of Discipline in Community









*“God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to arouse a deaf world.”*

*- C.S. Lewis*

# Hebrews 12:11-17

<sup>11</sup> For the moment all discipline seems painful rather than pleasant, but ***later it yields the peaceful fruit of righteousness to those who have been trained by it.***

<sup>12</sup> Therefore lift your drooping hands and strengthen your weak knees, <sup>13</sup> and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. <sup>14</sup> Strive for peace with everyone, and for the holiness without which no one will see the Lord.

# Hebrews 12:11-17

***<sup>15</sup> See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled;***  
***<sup>16</sup> that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. <sup>17</sup> For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.***





**Contend for Each Other's Highest  
Good**

# Hebrews 12:15a

***See to it*** that no one fails to obtain the grace of God;

# Psalm 34:10

The young lions suffer want and hunger; but ***those who seek the LORD lack no good thing.***

# Psalm 84:11

For the LORD God is a sun and shield; *The LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly.*



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- 1) Unbelief: when we stop trusting God and look to something else**

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- 1) **Unbelief:** when we stop trusting God and look to something else
- 2) **Worldliness:** when we trade God's best for temporary pleasures, choosing the standard of the culture above the standard of heaven



**Pay Attention to Bitterness (Affects Many)**



# Hebrews 12:15b

*...that no “root of bitterness” springs up and causes trouble,* and by it many become defiled;

# Deuteronomy 29:18-19

<sup>18</sup> Beware lest there be among you a man or woman or clan or tribe whose heart is turning away today from the LORD our God to go and serve the gods of those nations. ***Beware lest there be among you a root bearing poisonous and bitter fruit,*** <sup>19</sup> one who, when he hears the words of this sworn covenant, blesses himself in his heart, saying, ***'I shall be safe, though I walk in the stubbornness of my heart.'*** This will lead to the sweeping away of moist and dry alike.

# Ephesians 4:29-32

**29 Let no corrupting talk come out of your mouths,** but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

**30** And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. **31 Let all bitterness and wrath and anger and clamor and slander be put away from you,** along with all malice.

**32** Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.



**Pay Attention to Shipmates**

# Hebrews 12:16-17

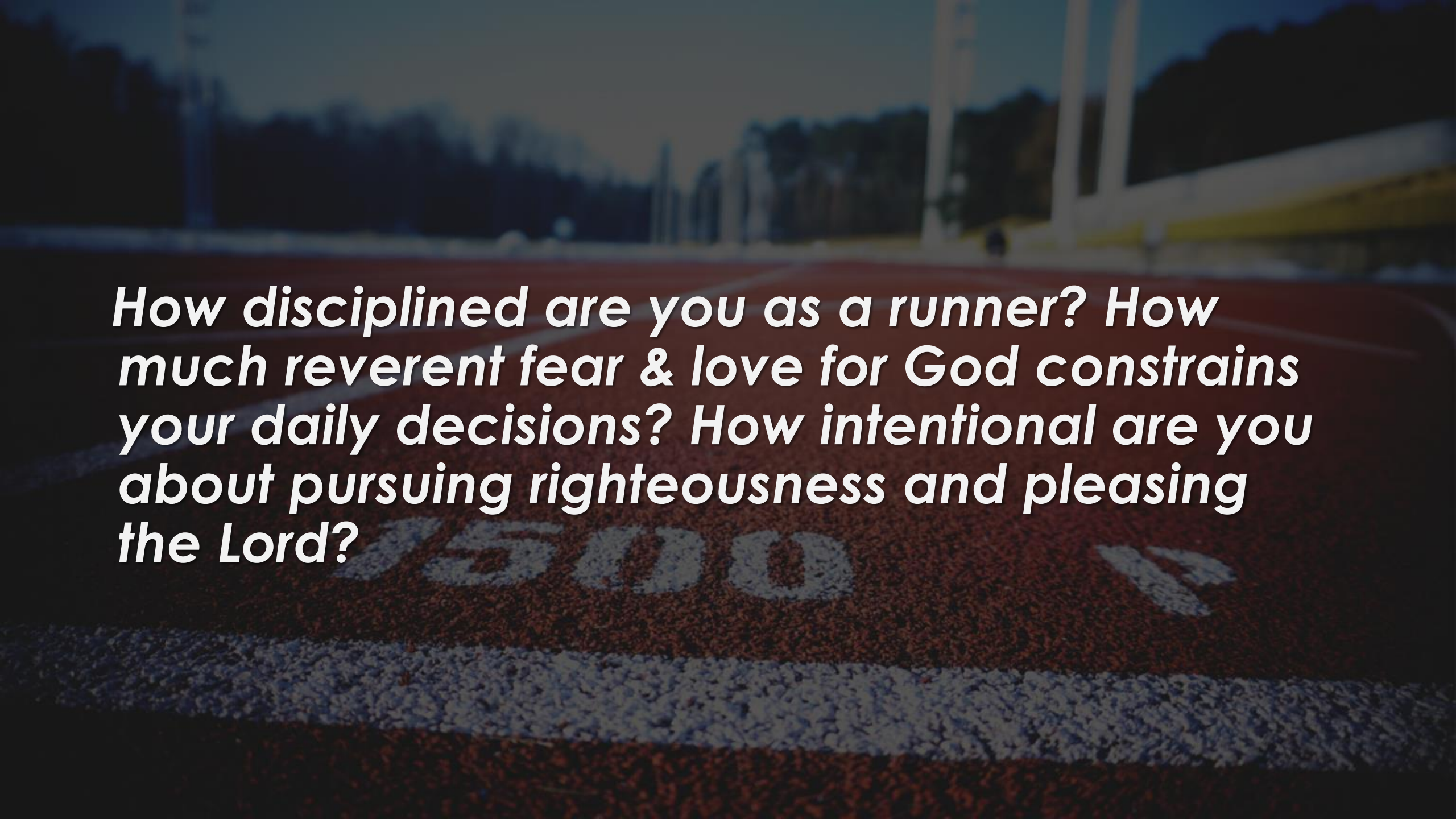
<sup>16</sup> *that no one is sexually immoral or unholy* like Esau, who *sold his birthright for a single meal*. <sup>17</sup> For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.

# Genesis 25:29–34

<sup>29</sup> Once when Jacob was cooking stew, Esau came in from the field, and **he was exhausted.** <sup>30</sup> And Esau said to Jacob, “Let me eat some of that red stew, for I am exhausted!” (Therefore his name was called Edom.) <sup>31</sup> Jacob said, “**Sell me your birthright now.**” <sup>32</sup> Esau said, “**I am about to die; of what use is a birthright to me?**” <sup>33</sup> Jacob said, “Swear to me now.” **So he swore to him and sold his birthright to Jacob.** <sup>34</sup> Then Jacob gave Esau bread and lentil stew, and he ate and drank and rose and went his way. **Thus Esau despised his birthright.**

# 1 Corinthians 9:24-27

<sup>24</sup> Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. <sup>25</sup> ***Every athlete exercises self-control*** in all things. ***They do it to receive a perishable wreath, but we an imperishable.*** <sup>26</sup> So I do not run aimlessly; I do not box as one beating the air. <sup>27</sup> But ***I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.***



*How disciplined are you as a runner? How much reverent fear & love for God constrains your daily decisions? How intentional are you about pursuing righteousness and pleasing the Lord?*



