



PAUL'S LETTERS FOR US

## 13. RUN THE RACE OF FAITH

Following Jesus is like running a difficult race. God wants us to have this mindset so we don't give up when things are hard.

### 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.



## HEBREWS 12:1-2

<sup>1</sup> 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,

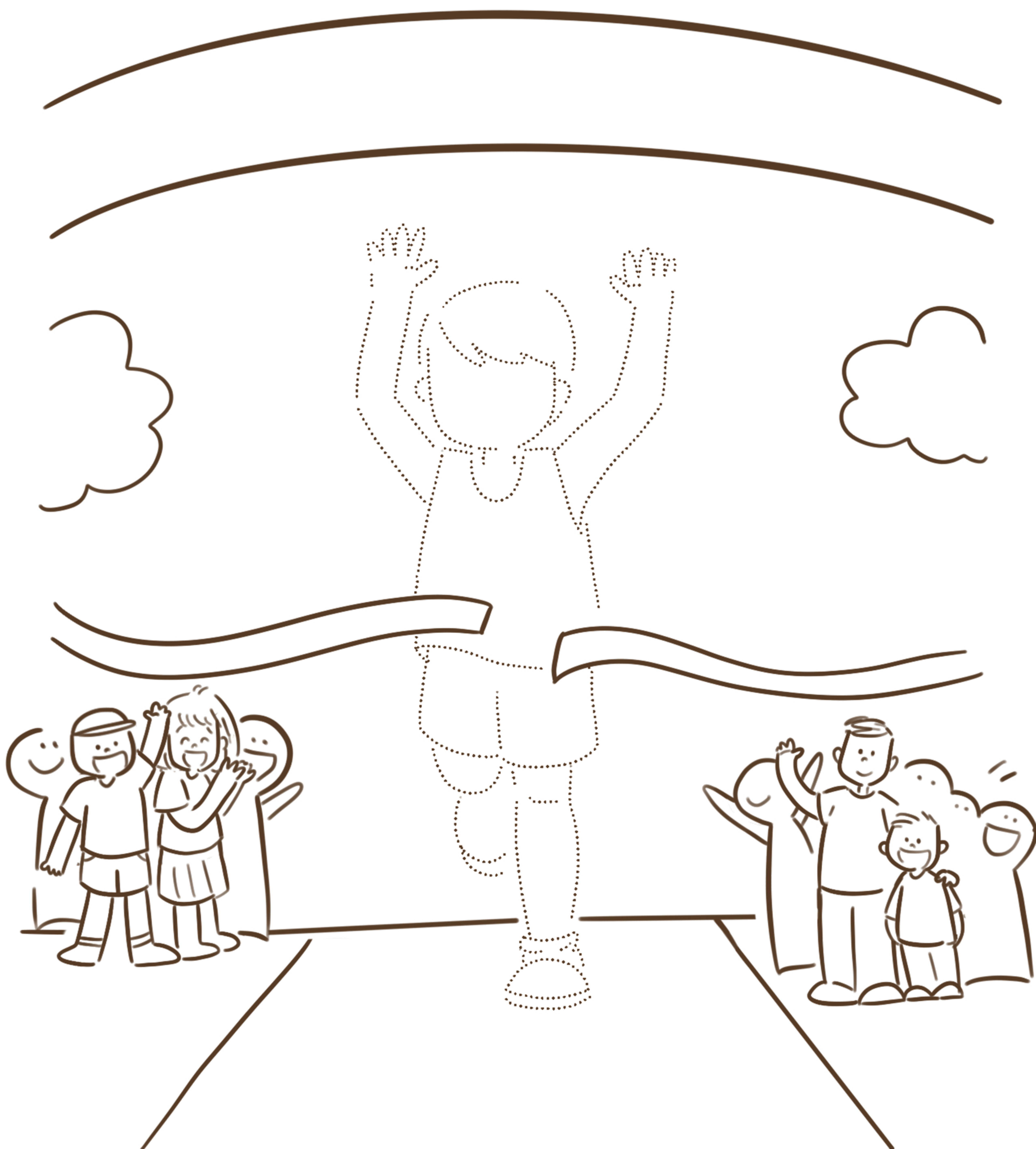
looking to Jesus, the founder and perfecter of our  
<sup>2</sup> faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.



✓ END OF READING

# LET'S HAVE FUN

Draw yourself finishing the race!



# DID YOU KNOW



The Isthmus Games was an athletic event held every two years at Corinth, like the Olympics in Athens. It included several foot races, and runners had to go through intense training with discipline. We need self-control and discipline in our race.



The champion of the games had a wreath made from a pine tree placed on his head. It would become brown and dry in a few months. The crown we're running for with Jesus is one that will never pass away (2 Timothy 4:8).



Runners had to give up many enjoyable things, like fun foods, while they were training. This represents how we are told in Hebrews 12:1 to lay aside anything that slows us down (Ephesians 4:22).



Hebrews chapter 11 talks about heroes of faith that did wonderful things for God because they trusted and obeyed Him. They are the "cloud of witnesses" in 12:1. Running the race means living your life with faith in all of God's promises.



Read 1 Corinthians 9:24 in your Bible and write it below. Let's run the race to win!

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