

Life is a marathon, not a sprint

Biblical Metaphor

- 1 Cor 9:24
- ²⁴ Do you not know that those who run in a race all run, but *only* one receives the prize? Run in such a way that you may win.

Biblical Metaphor

- Heb 12:1
- Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us

Beginning the Race

- 1 Kings 18:36-39
- ³⁶ At the time of the offering of the *evening* sacrifice, Elijah the prophet came near and said, "O LORD, the God of Abraham, Isaac and Israel, today let it be known that You are God in Israel and that I am Your servant and I have done all these things at Your word. ³⁷ Answer me, O LORD, answer me, that this people may know that You, O LORD, are God, and *that* You have turned their heart back again."

Beginning the Race

- 1 Kings 18:36-39
- 3⁸ Then the fire of the LORD fell and consumed the burnt offering and the wood and the stones and the dust, and licked up the water that was in the trench. 3⁹ When all the people saw it, they fell on their faces; and they said, "The LORD, He is God; the LORD, He is God."

Staying Strong

- 1 Kings 19:2-4
- ² Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and even more, if I do not make your life as the life of one of them by tomorrow about this time." ³ And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

Staying Strong

- 1 Kings 19:2-4
- 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O LORD, take my life, for I am not better than my fathers."

Staying Strong

- 1 Kings 19:9-10
- 9 Then he came there to a cave and lodged there; and behold, the word of the LORD *came* to him, and He said to him, "What are you doing here, Elijah?" 10 He said, "I have been very zealous for the LORD, the God of hosts; for the sons of Israel have forsaken Your covenant, torn down Your altars and killed Your prophets with the sword. And I alone am left; and they seek my life, to take it away."

Staying Strong

- 1 Kings 19:18
- ¹⁸ Yet I will leave 7,000 in Israel, all the knees that have not bowed to Baal and every mouth that has not kissed him."

Staying Strong

- Isaiah 40:29-31
- ²⁹ He gives strength to the weary,
And to *him who* lacks might He increases power.
³⁰ Though youths grow weary and tired,
And vigorous young men stumble badly,
³¹ Yet those who wait for the LORD
Will gain new strength;
They will mount up *with* wings like eagles,
They will run and not get tired,
They will walk and not become weary.

Staying Strong

- Matt 24:11-13
- ¹¹ Many false prophets will arise and will mislead many. ¹² Because lawlessness is increased, most people's love will grow cold. ¹³ But the one who endures to the end, he will be saved.

Finish

- Phil 3:12-14
- ¹² Not that I have already obtained *it* or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. ¹³ Brethren, I do not regard myself as having laid hold of *it* yet; but one thing *I do*: forgetting what *lies* behind and reaching forward to what *lies* ahead, ¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Finish

- 2 Tim 4:7-8
- 7 I have fought the good fight, I have finished the course, I have kept the faith;⁸ in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing.