

Lesson Notes:

How to Run Like a Champion

Paul uses the Olympic athlete approach that he used with the church at Corinth to impress upon other churches the value of running life's race as a champion.

Scriptural Principles

1) Run with a Purpose

Hebrews 12:1- 2; Acts 20:24 - Paul tells us to lay aside sin as we do weight and run with endurance and with joy even through persecution. In Acts Paul is about to board a ship with his final destination Jerusalem. He knows that persecution awaits him yet his service there will be like running a race (**Acts 20:24**).

2) The Disciples Response to Jesus Visit – John 20:19-23 – Note that when Jesus returned to them after his crucifixion the disciples were hiding in a room behind locked doors for fear of the Jews. After this occurred all 12 of them (except John) were martyred for their faith and testimony. They essentially left the room with no fear or regard for their own lives. People don't die for ideals unless they are strongly convicted of their beliefs.

3) Prepare yourself for the race – 1 Corinthians 6:12-20 -

Avoid easy living and sexual sin so that you may run the race to the fullest.

4) If you struggle with unbelief try repentance. – **John 16:8–10** tells us that those who fail to believe in Christ will sin.

5) As we run the race look unto Jesus who paid the ultimate price for us – Hebrews 12 :2 – As he endured the cross we must endure the hardships of the race.

6) There is a Prize for us who endure and wrath for those who don't. -

1 Thessalonians 2:14-16 - Paul speaks out against the Jewish leaders who would deny access to the Lord for the Gentiles.

Philippians 3:13-14

1 Corinthians 9:24-27