

Running the Race

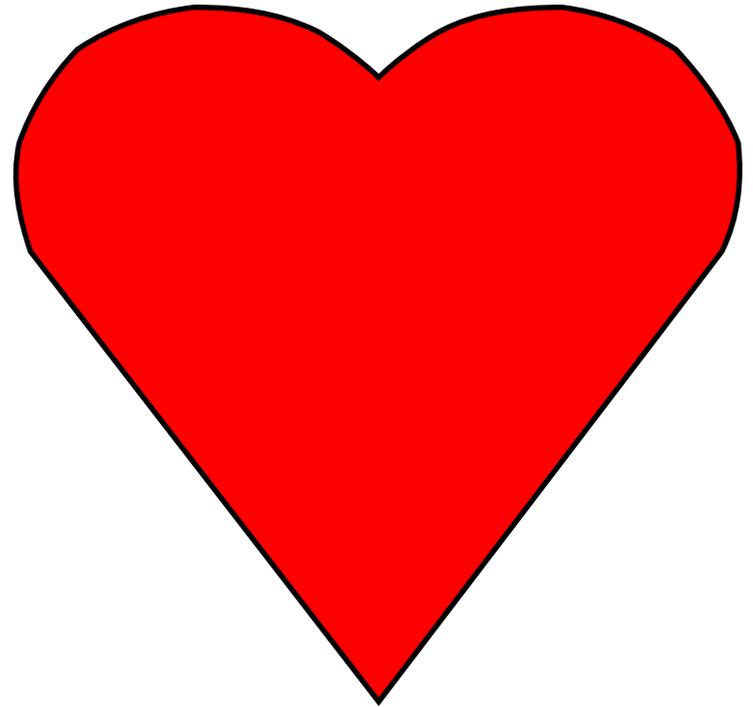
1 Corinthians 9:24-25



Now we are ready to run the race. The race to be with God is the most important race we'll ever run.

Work hard and God will help you all along the way. He chose YOU and me to be a part of His family and wants to see you and me win big.

God loves you!



Practice

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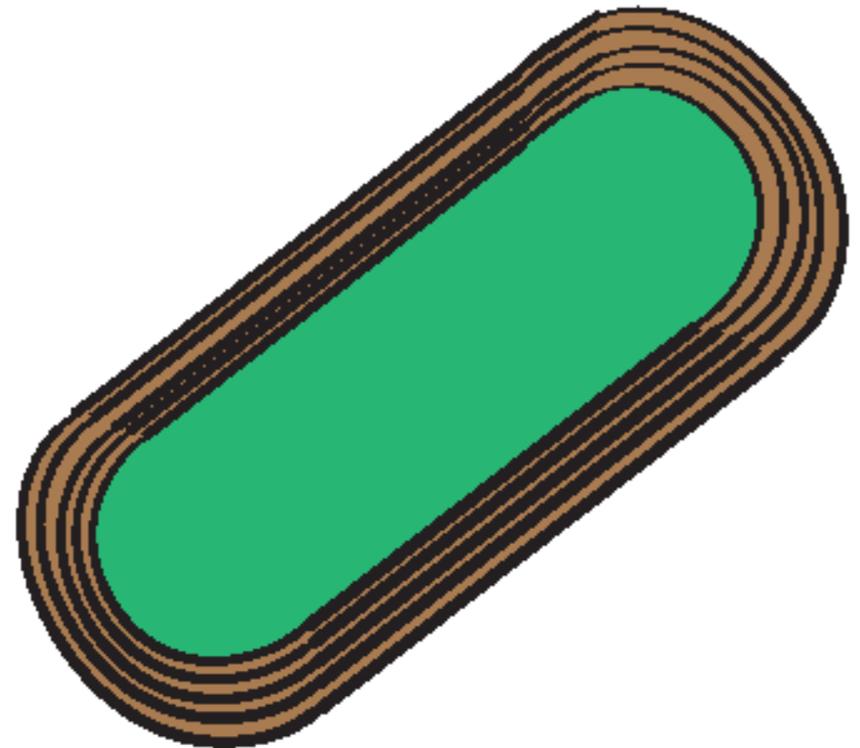
Practice

We have to practice living out God's teachings by loving others and being obedient to God every day. We need to learn and live out God's love a little more each day.

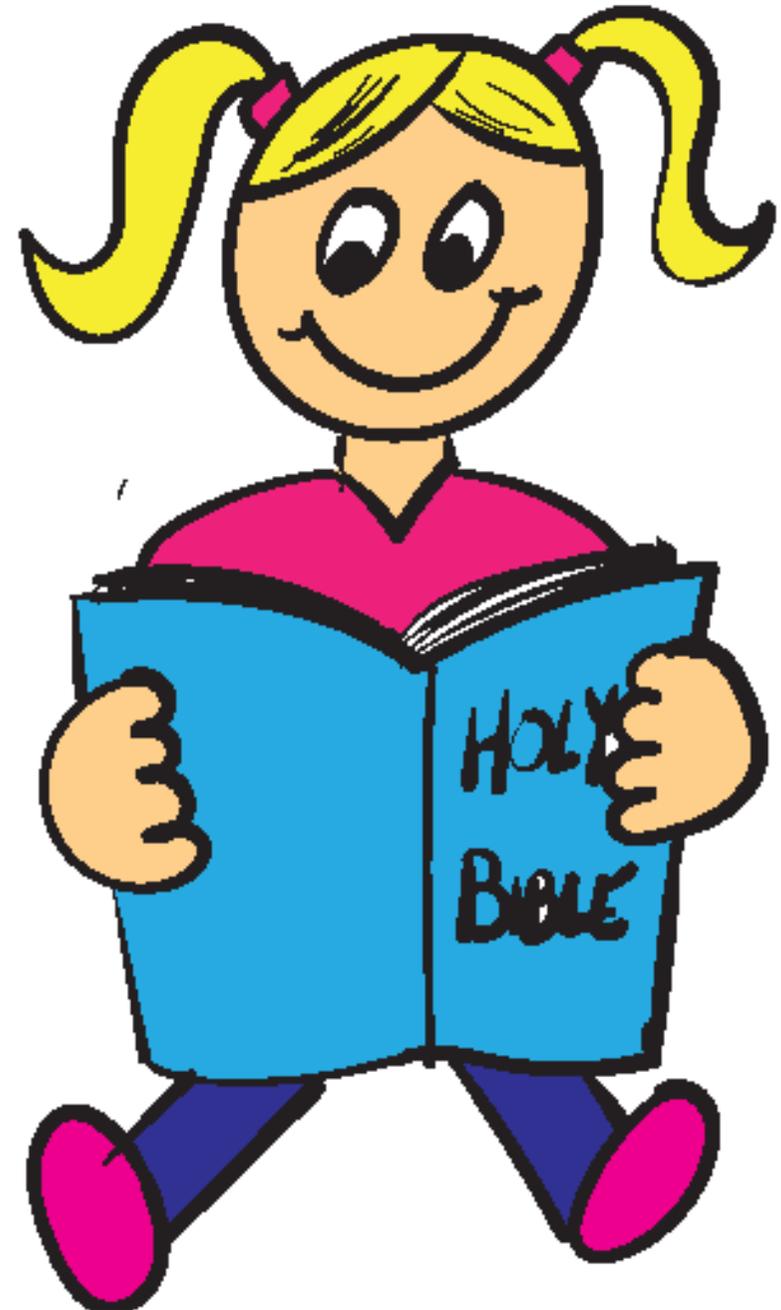
Let's get ready to race a long race, a marathon! That's 26 miles of running.

Have you ever run around a track? It takes four laps to make one mile. How long do you think it would take you to run around a track 104 times?

Wow! That's a lot of running.



To run that far, it's going to take some work getting ready, especially if we want to win. So, what do we do to get ready for a race?



First, we need the right equipment. We need a good pair of running shoes.

We need to *eat* right. I don't think it's talking about eating our broccoli.

The Word of God gives us the spiritual food we need to grow spiritually.

So now that we have the right equipment, we have to use it; we have to open up the word of God and read.



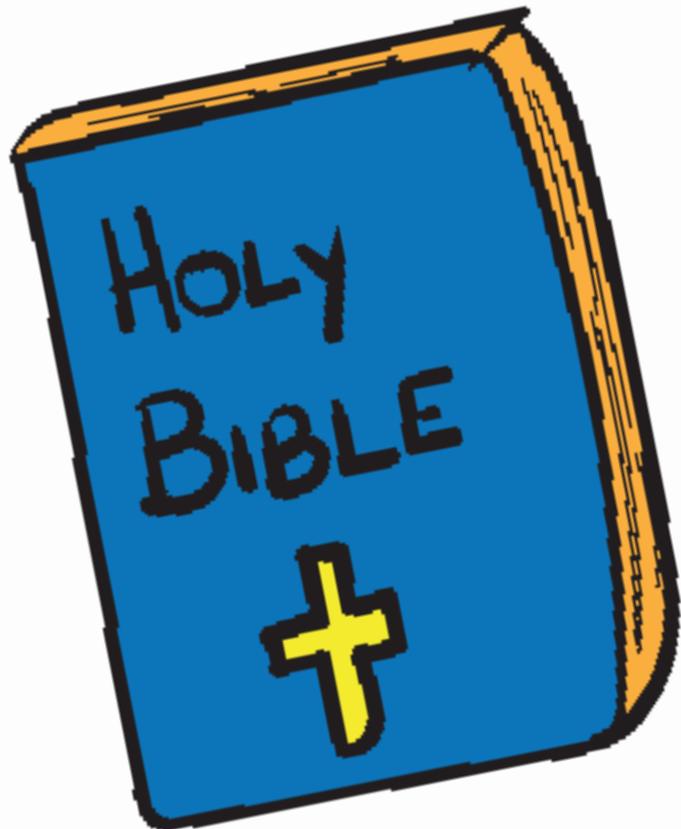
Then, we need to eat right so our bodies are in top condition for running along race. We don't want to lose energy along the way.



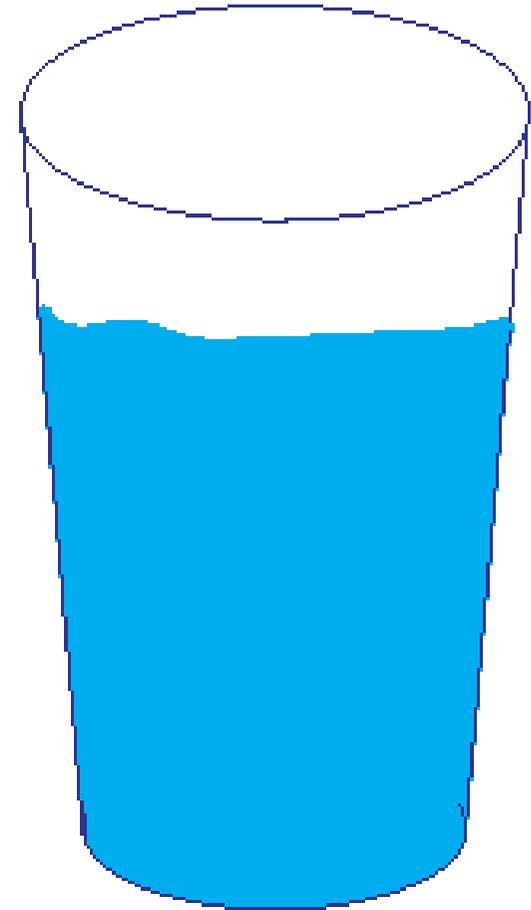
What's next?

Right! A Bible and our church family.

The Bible is God's word and it teaches us all about who God is and how to love each other. Our church family is our biggest group of fans and will encourage us along our journey.



And of course, we will need plenty of water!



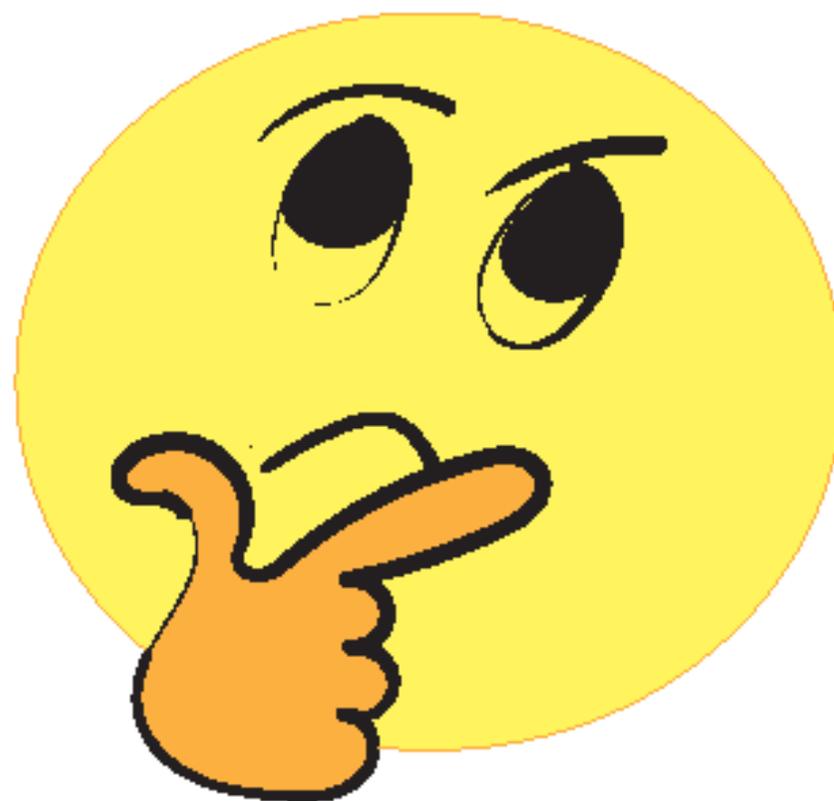
Next, we'll need to practice—practice, practice, practice. We'll need to run a little bit every day to get ready for the race. We'll need to run a little further today than we did yesterday to build up our endurance.



How do we win the spiritual race? That's a good question.

Let's compare it to preparing for an earthly race. First, we need the right equipment.

What equipment might we need for a spiritual race?



There can be only one first place winner here on earth, but in the race to be with God, everyone can win. Plus, you don't get a medal for the race and it's over. Nope. You get a prize that will last for all eternity.

When the big day finally arrives, we'll line up at the starting line and run just like we practiced all the way to the finish line.



Do you know that the apostle Paul compares our journey to heaven to a running a race? Yep, he sure does!

Paul said in 1 Corinthians 9:24-25,

“You know that in a race all the runners run, but only one runner gets the prize. So run like that. Run to win! All who compete in the games use strict training. They do this so that they can win a prize—one that doesn’t last. But our prize is one that will last forever.”

