

Training in Righteousness

Part 4

2 Timothy 3v16

All Scripture is God-breathed and is useful for teaching, for reproof, for correction, and for training in righteousness,

Endurance Training

- Part 1 = Learning through training
- Part 2 = Training (with) others
- Part 3 = Strength

Endurance Training

- What is endurance?
- What does the Bible say about endurance?
- Why do we need to endure?

Endurance Training

- Dictionary = the ability or strength to continue or last, especially despite fatigue, stress, or other adverse conditions; to have stamina:
Example - He has amazing physical endurance.
- Google “endurance” = main result is sport
- Main “endurance sports” results = running

Endurance Training



Dean Karnazes –

- Ran 350 miles (560 km) in 80 hours and 44 minutes without sleep in 2005
- Ran a marathon to the South Pole in -25°C temperatures without snowshoes in 2002
- Ran a marathon in each of the 50 states in 50 consecutive days in 2006

Endurance Training

- Marathon = 26 miles or 42 kms.

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- 2 Samuel 18 – The battle between the troops of King David and his son Absalom.
- After Absalom was killed, 2 men (a Cushite and Ahimaaz) ran an estimated 30 – 35kms to bring the report back to King David

Endurance Training

- Marathon = 26 miles or 42 kms.
- 1 Kings 18 – Elijah, after a great victory over the prophets of Baal, ran from Mount Carmel to Jezreel (also 30 – 35kms) outrunning King Ahab who was riding in a chariot.
- Horses can run about 6 – 7 kms over long distances (Est. 4 – 5 hour ride to Jezreel).
- A short time later while fleeing Jezebel, Elijah walked for 40 days and nights through a desert wilderness to reach Mount Horeb (320 kms).

Endurance Training

- Spiritual life is likened to an endurance race.
- What attributes does a runner need to reach their goal?
- Can these attributes be used in our personal race?

Preparation

- The mentally tough runner doesn't panic. For instance, they may be in a race, and their competitor moves in front of them. They have a method to stay mentally calm, adjust the pace, and follow through with their plan.
- Isaiah 40v3 - The voice of one who calls out in the wilderness, "Prepare the way of the LORD. Make his roads straight."
- God set the course from the beginning, those before Jesus were trial blazers.

Openness

- The ability to learn and be open to all criticism. The mentally tough runner is willing to listen and take feedback, knowing that's where real changes take place.
- Proverbs 15v31 - If you listen to constructive criticism, you will be at home among the wise.
- The alternative – Proverbs 16v18 - Pride leads to destruction, and arrogance to a fall.

Focus

- In the face of distractions or unexpected circumstances, the mentally tough runner doesn't avoid situations, but instead addresses them right away. For example, in the last miles of a marathon, feeling dead tired, hurting, and wanting to quit; that is the time to focus. "Keep moving forward, just this step, one more step."
- 2 Corinthians 4v18 - We do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Vision

- The ability to keep moving forward with your objective, even when there are no immediate signs of getting closer to the finish line. The mentally tough runner creates a clear picture of the goal, visualizes it often, and keeps that image in the forefront no matter what. You imagine all the possible scenarios, and have a plan for moving through each one successfully.
- Hebrews 12v2 - He (Jesus) saw the joy ahead of him, so he endured death on the cross and ignored the disgrace it brought him.
- Keep your eyes on the prize.

Strength

- The ability to handle an unforeseen turn of events and remain balanced and calm, continuing to be competitive. The mentally tough runner remains both strong and flexible, able to respond to any situation that arises.
- Isaiah 40v31 - Those who trust the LORD will find new strength. They will be strong like eagles soaring upward on wings; they will walk and run without getting tired.

Resilience

- The ability to bounce back from adversity, pain or a disappointing performance. The mentally tough runner can realize and admit a mistake, understand a missed opportunity, isolate the lesson, and quickly move on to focus on the immediate goal ahead.
- Proverbs 24v16 - The godly may trip seven times, but they will get up again.
- No retreat / no surrender!

Trust

- The ability to have faith in oneself. The mentally tough runner learns to trust that the body will know what to do when it's race time. You trust in your training and your plan. You trust in your coach. You believe in yourself, even when there is no one close by to boost your confidence. You go with what you know, even when your support system is not present at the race. You stay mentally tough and keep moving forward, even when the finish line seems far away. You say, "Every step brings me closer to my goal."
- Acts 20v24 - I want to finish the race I'm running. I want to carry out the mission I received from the Lord.
- Trust the process.

Endurance Training

- Hebrews 12v1 – 3: Since we are surrounded by so many examples of faith, we must get rid of everything that slows us down, especially sin that distracts us. We must run the race that lies ahead of us and never give up. ² We must focus on Jesus, the source and goal of our faith. He saw the joy ahead of him, so he endured death on the cross and ignored the disgrace it brought him. Now he holds the honoured position—the one next to God the Father on the heavenly throne. ³ Think about Jesus, who endured opposition from sinners, so that you don't become tired and give up.
- Preparation – openness – focus – vision – strength – resilience – trust.

Endurance Training

- 1 Corinthians 9v24 - Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win!
- Jesus has already finished the race, but he stills wants us to “run to win” and claim the prize he has already won.
- Hebrews 10v36 - For you stand in need of patient endurance, so that, as the result of having done the will of God, you may receive the promised blessing.
- Luke 21v19 - By your endurance you will win your lives.

Endurance Training

- Romans 4v7 - I have fought well. I have finished the race, and I have been faithful.
- Sin will injure us and try to slow us down.
- We must continue to run / walk / crawl / swim / climb / scratch and claw our way forward.
- Jesus' victory will take us over the finish line!