

STAMINA

SPIRITUAL HEALTH FOR THE LONG HAUL

Part 1: The Right Race | January 2 & 3 , 2015
Grant Fishbook, Lead Teaching Pastor

2 Timothy 4:6-8

For I am already being poured out like a drink offering, and the time for my departure is near. I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store 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 longed for his appearing.

2 Timothy 4:6-8 is often quoted at the end of life.

What if you could state it as a fact at the end of every day?

For I am already being poured out like a drink offering...

This is a statement of my present

I am being emptied out so the contents of my life are fully expended

...and the time for my departure is near.

I have no promise of tomorrow so I will live today as my last

I am “breaking camp” in preparation for my next destination

I have fought the good fight...

I fought the right battle, at the right time, against the right enemy.

I have finished the race...

I acknowledge it's not how you start; it's how you finish that matters

The race of following Jesus is a marathon, not a sprint

A few lessons about long-term stamina:

Master a sustainable pace

Run together

Break a plateau with speed and action

Focus on the finish line

I have kept the faith.

I have lived out and obeyed the whole counsel of God

Now there is in store 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 longed for his appearing.

I am actively awaiting a reward that can only come from Jesus

Next Steps

Take a “spiritual physical” — evaluate your spiritual condition by taking the Spiritual Health Self Assessment. It’s available at ctkbellingham.com, on the CTK App, or in paper form in the Commons. When you get your results, pray for God to guide you in planning your next step of growth.

Small Group Questions

- 1) What was the highlight of your Christmas and New Year’s celebrations?
- 2) Have you ever lost an influential person in your life to death? What made that person so influential to you?
- 3) How did you pour yourself out today?
- 4) How did you live today as if it were your last day on earth?
- 5) How do you know if you were victorious in the right battle today?
- 6) How do you know that you are running your life at a sustainable pace?
- 7) In what ways did you keep the faith today?
- 8) At the end of the day, what reward are you seeking?
- 9) What do you need prayer for today?

OUR MISSION | To create an authentic Christian community that effectively reaches out to unchurched people in love, acceptance and forgiveness so that they may experience the joy of salvation and a purposeful life of discipleship.