

Are You Running Your Hardest?

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1. Preparation and Training

Romans 12:1-2

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. ² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may **prove** what is that good, and acceptable, and perfect, will of God.

2. Diet and Hydration

Matthew 4:4

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

3. Proper Equipment

Ephesians 6:11

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

4. Rest and Recovery

Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Isaiah 40:31a

But they that wait upon the Lord shall renew their strength;

5. Community

Luke 15:10

Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth.

Hebrews 10:24-25

And let us consider one another to provoke unto love and to good works:

²⁵ Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

6. What are you listening to?

John 10:4-5

And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: **for they know his voice.** ⁵ And a stranger will they not follow, but will flee from him: for they know not the voice of strangers.

John 10:27

My sheep hear my voice, and I know them, and they follow me:

7. Weather the Storm

Hebrews 12:1

...lay aside every weight...

8. Overcome the Obstacles

Matthew 5:11-12

Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. ¹² Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

James 1:2

My brethren, count it all joy when ye fall into divers temptations;

9. Endurance

Hebrews 12:2

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

James 1:12

Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

10. Stay on the path

Proverbs 4:26-27

Ponder the path of thy feet, and let all thy ways be established. ²⁷ Turn not to the right hand nor to the left: remove thy foot from evil.

Isaiah 43:2

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

11. The Finish Line (Eternal Reward)

Philippians 3:13b-14

...forgetting those things which are behind, and reaching forth unto those things which are before, ¹⁴ I press toward the mark for the prize of the high calling of God in Christ Jesus.

1 Corinthians 9:24

Know ye not that they which run in a race run all, but one receiveth the prize? **So run**, that ye may obtain.