**Christian Olympics – Preparing to Run the Race**

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Scripture ref: 1 Corinthians 9:26-27

**SUBJECT:** Salvation

**TITLE:** Christian Olympics – Preparing to Run the Race

**PROPOSITION:** What do we need in order to prepare to run the race that is set before us? 1) The proper attitude, 2) The proper nutrition, 3) The proper training, 4) The proper attire.

**OBJECTIVE:** That each would understand the prerequisites one need fulfill before running the Christian race.

Aim: To teach the plan of salvation.

**INTRODUCTION:**

1. Read: 1 Corinthians 9:26-27

2. About the Text:

1) Paul first epistle to the church at Corinth contained a lot of correction.

2) In chapter nine, Paul is discussing the freedoms that he has in Christ.

3) However, he also speaks to how he tempers those freedoms by considering those to whom he is preaching.

4) His ultimate effort is to reach the lost with the gospel and he will sacrifice his own freedom to do so.

5) He then uses the illustration of one who competes in the games.

6) He says they compete for a corruptible crown, but we for an incorruptible.

7) And so, Paul speaks of how he does what is necessary so that he may run to win that crown.

8) This means he brings his body into subjection to his will.

9) By doing this he prepares himself to run faithfully.

**DISCUSSION:** What do we need to prepare to run the race before us?

**I.   THE PROPER ATTITUDE**

1. Attitude is important when running a race.

1) The individual who says, “I can’t,” won’t.

2) We must have a can do attitude.

3) In order to run the race we must be determined.

4) Not only to run, but to finish.

2. Before we can run the Christian race, we must have a can do attitude.

1) We must be willing to hear the gospel with a view toward obedience.

a. Matthew 7:24-27

b. Matthew 11:15 “He that hath ears to hear, let him hear.”

c. John 10:27 ” My sheep hear my voice, and I know them, and they follow me:”

d. James 1:22-25

2) We must be willing to count the cost.

a. Luke 14:26-33

b. Revelation 2:10

3. We must be willing to hear the Lord and do his will in our life.

1) John 7:17 “If any man willeth to do his will, he shall know of the teaching, whether it is of God, or whether I speak from myself.”

2) Micah 4:1-2

**II.  THE PROPER NUTRITION**

1. A runner isn’t going to get very far if he hasn’t fed his body the right things.

1) Runners need carbohydrates for energy.

2) They need protein for strong bones and muscles.

3) They need water for lubrication and cooling.

2. We need the proper nutrition to run the Christian race.

1) Bread of Life

a. John 6:35 “Jesus said unto them. I am the bread of life: he that cometh to me shall not hunger, and he that believeth on me shall never thirst.”

b. John 6:48 “I am the bread of life.”

2) Milk and Meat

a. 1 Peter 2:2 “as newborn babes, long for the spiritual milk which is without guile, that ye may grow thereby unto salvation;”

b. Hebrews 5:14 “But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.”

3) Water of the life.

a. John 4:13-14 “Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.”

b. Revelation 21:6 “And he said unto me, They are come to pass. I am the Alpha and the Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely.”

c. Revelation 22:17 “And the Spirit and the bride say, Come. And he that heareth, let him say, Come. And he that is athirst, let him come: he that will, let him take the water of life freely.”

4) These metaphors teach us to believe on Jesus and learn his teaching as we would eat bread and meat and drink water and milk.

5) We must hunger and thirst after righteousness (Matthew 5:6).

3. We must believe that Jesus is the Son of God.

1) John 6:29 “Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent.”

2) John 8:24 ” I said therefore unto you, that ye shall die in your sins: for except ye believe that I am he, ye shall die in your sins.”

**III. THE PROPER TRAINING**

1. A runner isn’t going to last very long if he doesn’t train properly.

1) Running is a sport that has to be worked at every day.

2) In order to run two miles, you must first run one mile.

3) One must purge bad habits and develop good habits.

4) To do this one needs patience, steadfastness, and discipline.

5) One must be willing to endure pain.

6) It requires a daily regimen in order to compete in the race.

2. We need proper training to run the Christian race.

1) Self-discipline.

a. This is what Paul was talking about in 1 Corinthians 9:26.

b. Consider Romans 8:13 “For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.”

c. 1 Thessalonians 5:6 “so then let us not sleep, as do the rest, but let us watch and be sober.”

2) Endurance

a. James 5:11 “Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.”

b. 2 Timothy 2:10 “Therefore I endure all things for the elect?s sakes, that they may also obtain the salvation which is in Christ Jesus with eternal glory.”

3) Patience

a. Luke 21:19 “In your patience possess ye your souls.”

b. Revelation 14:12 “Here is the patience of the saints, they that keep the commandments of God, and the faith of Jesus.”

3. We must be penitent of our sins and change.

1) Luke 24:47 “And that repentance and remission of sins should be preached in his name among all nations, beginning at Jerusalem.”

2) Acts 17:30

**IV.  THE PROPER ATTIRE**

1. A runner won’t last very long without the proper attire.

1) He needs good clothing.

2) He needs good shoes.

2. We need the proper attire to begin the Christian race.

1) Matthew 22:11-13

2) Revelation 7:14 “And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb.”

3) Galatians 3:27 “For as many of you as have been baptized into Christ have put on Christ.”

4) The right shoes – Ephesians 6:15 “And your feet shod with the preparation of the gospel of peace;”

3. We must confess Christ and be baptized.

1) Romans 10:10

2) 1 Timothy 6:12

3) Romans 6:1-11

4) Acts 2:38

5) Acts 22:16

**CONCLUSION:**

1. What must we do to prepare to run the Christian race?

1) Have the proper attitude – hear with a view toward obedience.

2) Take the proper nutrition – believing in Jesus and His teaching.

3) Engage in the proper training – repent of our sins and change our lives.

4) Wear the proper attire – put on Christ in [*baptism*](https://gewatkins.net/baptism-bible-verses/).

5) Once we have done all these things in order to run the Christian race – then we must remain faithful to God every day of our life!

2. Invitation