RESILIENT FAITH IN A TURBULENT WORLD



Don't Give Up

2 Timothy 4:7-8

7 I have fought the good fight, I have finished the race,
I have kept the faith. 8 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.


RUNNER ALERTS
THE 3,100 MILE
RACE AROUND
ONE NYC BLOCK


ANDREA
2024 3,100 MILE RACE DAY 44
3100
3006
2938
2873
2818
2806
2773
2211
2185
1990
1820
1593
SRI

Backyard Ultra Marathons




THE SELF-TRANSCENDENCE
3100 MILE RACE


I have fought the good fight, I have
finished the race, I have kept the faith.
2 Timothy 4:7

"The Christian race is a difficult one. Challenges, setbacks, and obstacles are the *norm*, not the exception. This kind of journey requires the cultivation of determination, commitment, endurance, and grit."

(from *Slow Theology*)

Matthew 10:16-22

16 “I am sending you out like sheep among wolves.
Therefore be as shrewd as snakes and as innocent as
doves. 17 Be on your guard; you will be handed over to
the local councils and be flogged in the synagogues.

Matthew 10:16-22

18 On my account you will be brought before
governors and kings as witnesses to them and to the
Gentiles. 19 But when they arrest you, do not worry
about what to say or how to say it. At that time you will
be given what to say, 20 for it will not be you speaking,
but the Spirit of your Father speaking through you.

Matthew 10:16-22

21 "Brother will betray brother to death, and a father his
child; children will rebel against their parents and have
them put to death. 22 You will be hated by everyone
because of me, but the one who stands firm to the end
will be saved.

If we are the "sent ones" of Jesus today, why would we expect to be exempt from challenge and struggle in our own races?

Pace yourself.

Hebrews 12:1-2

Let us run with perseverance the race marked out for
us, [2] fixing our eyes on Jesus, the pioneer and
perfecter of faith.

Pace yourself.

Find joy in the struggle.

"Part of the 'spirituality' of ultramarathon running is adjusting to pain and even finding joy in the predictability of it, knowing everyone else is going through it, and trusting that this is simply what is experienced on the way to something greater."

(from *Slow Theology*)

Pace yourself.

Find joy in the struggle.

Celebrate today's small victories and blessings.


COUCH
TO 5K

Psalm 118:23-24

23 The Lord has done this, and it is marvelous in our eyes.

24 The Lord has done it this very day; let us rejoice today and be glad.

Pace yourself.

Find joy in the struggle.

Celebrate today's small victories and blessings.

Rest makes us stronger.

Pace yourself.

Find joy in the struggle.

Celebrate today's small victories and blessings.

Rest makes us stronger.

Fill up with the right foods.

John 6:35

Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

2 Timothy 4:7-8

7 I have fought the good fight, I have finished the race,
I have kept the faith. 8 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.***

There is in store for me

the crown of righteousness,

which the Lord, the righteous Judge,
will award to me on that day.

2 Timothy 4:8



Closing Reflections

Which is your strength: planning for decades of strong faith, or consistently engaging in healthy daily/weekly spiritual practices?

Closing Reflections

Invite the Spirit to help you to truly find joy in the struggle the next time a challenge sets you back.

Closing Reflections

What is one recent small victory or blessing that you are thankful for today?

Closing Reflections

What kinds of things are you "feeding" your heart, mind, and soul regularly? Are they sustaining your faith, or working against your pursuit of Christ-likeness?

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