

this sunday

endurance sport

manus altmann



life is a coach
lessons learned from experience

shofar
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The marathon of life

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Philippians 3:12–14 (NLT)

I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.



A born champion?

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1 John 5:3–5 (NKJV)

For this is the love of God, that we keep His commandments. And His commandments are not burdensome. For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God?

Ephesians 1:13–14 (NKJV)

In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.



Know your discipline

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1 Corinthians 6:9–11 (ESV)

Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Isaiah 5:13 (NKJV)

Therefore my people have gone into captivity,
Because they have no knowledge..

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Success through hardship

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Romans 5:3–5 (NKJV)

And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

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Romans 8:16–17 (NLT)

For his Spirit joins with our spirit to affirm that we are God's children. And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering.



“Its not all about winning”

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Hebrews 11:32–38 (NIV)

And what more shall I say? I do not have time to tell about Gideon, Barak, Samson and Jephthah, about David and Samuel and the prophets, who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. Women received back their dead, raised to life

again. There were others who were tortured, refusing to be released so that they might gain an even better resurrection. Some faced jeers and flogging, and even chains and imprisonment. They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated—the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground.

The future had truly broken into the present, as verified by the gift of the Spirit; and since the Spirit meant the presence of God's power, that dimension of the future had already arrived in some measure. Thus present suffering is a mark of discipleship, whose model is our crucified Lord. But the same power that raised the Crucified One from the dead is also already at work in our mortal bodies.

-Fee, Gordon D.. Paul, the Spirit, and the People of God



Weak is sometimes enough

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2 Corinthians 12:9 (NLT)

Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

Galatians 5:22–24 (NKJV)

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires.

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It takes a team

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Hebrews 10:23–25 (NIV)

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

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Though entered individually, salvation is seldom if ever thought of simply as a one-on-one relationship with God. While such a relationship is included, to be sure, “to be saved” means especially to be joined to the people of God.

-Fee, Gordon D.. Paul, the Spirit, and the People of God.

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- Christ and His Purposes = our goal
- Born by the Spirit and the word
- Pursuing Maturity through the Spirit and the word
- The Holy Spirit Sustains us through inevitable hardship and always brings us through
- When we are weak, His Strength is manifested
- Allow Spirit empowered encouragement by His people

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Weekly small group notes from Sunday Sermon (Duration - 1 to 1.5hrs)

1. Welcome: Introduce SG to visitors and ask group to share on the following: How do you handle hard times?
2. Worship together: 1 or 2 Worship Songs / open SG in prayer asking the Father to reveal to us how to handle hard times well? SG Questions: (let 2 or 3 people answer a specific question and give everyone a turn)
3.
 - a) The race : Read Philippians 3:12-14. What is the end-goal of the Christian life (The race of life)?
 - b) The qualifier: Read 1 John 5:3-5 & Ephesians 1:13-14. What qualifies us to enter and complete the race of life?
 - c) Staying in the race: Read 1 Corinthians 6:9-11. Holy living is required to stay on the right course of this live- How can we rely on God to help us stay the course? (key: The word and the Spirit)
 - d) Building stamina: Read Romans 5:3-5. Why can we face sufferings well? -Is it an end in itself or is it meant to take us somewhere?
 - e) His strength when we feel weak: Read 2 Corinthians 12:9 & Hebrews 10:23–25. Have you learned to rely on the strength of the Holy Spirit and the encouragement of fellowship in rough times or do you rather give up/ not face it?
4. **Remind the SG that suffering is only a process God uses to make us stronger and increase our hope if we face it the right way. It is never the end for any believer as God delivers us from all our tribulations. (Ps. 34:19)**
Turn together in groups of 2: Lets pray for each other to receive the empowerment of the Holy Spirit to run he race of life well even when we feel weak / encounter tribulations.