

# Running the Race to Win



**Hebrews 12:1-4**  
**1 Cor. 9:24-27**

- This is one of the most stirring passages in Scripture, a passage that is written for the purpose of stirring us to run and to keep on running in the Christian race of life.
- The Apostle Paul used metaphors for spiritual discipline such as: running, boxing, soldier, farmer and steward.
- In this teaching I am going to use as a metaphor “relay running” for us to pass the baton.

A relay race is an event where a team of four run equal predetermined distances in a sprint race, each passing a rod-like object to the next person to continue the race.

- Relay running is a type of running race in which athletes compete as a team, rather than as individuals.
- The ultimate goal of the relay is to move the baton around the track and cross the finish line in the fastest way possible without getting disqualified.

○ Baton passes are divided into two broad headings:

1. None-visual exchange
2. Visual Exchange

○ There are two methods of baton pass.

1. Up-sweep – the incoming runner passes the baton up into the outgoing runner’s hand.
2. Down-sweep – the outgoing runner receives the baton.

- The relay consists of four people.
- In our text today, this is the great Christian race, the great goal toward which believers are running.
- One coach in my high school used several techniques to get us to do our best.

A. “Other students have done it, and so can you!”

B. “Just think of what it will do for you physically!”

C. “Now, watch the other students – see how they do it!”

- **These three approaches are used in this text to encourage us in the Christian race.**
  - 1. Look around at the winners (v. 1a).**
  - 2. Look at yourself (v. 1b).**
    - **What are the “weights” that we should remove so that we might win the race?**
    - **We should also get rid of “the sin that so easily entangles us.”**
  - 3. Look at Jesus Christ (v. 2-4).**
    - **Jesus Christ Himself ran the race of faith when He was upon the earth, and He shows us exactly how to run it.**
      - A. Jesus Christ participated in the race Himself.**
      - B. Jesus Christ had a great inspiration: the joy that was set before Him.**
      - C. Jesus Christ is the supreme example in discipline: He followed the rules of the race even to the point of dying in order to create the race.**
    - **We can run to win in spite of the trials, problems, and tribulations we face in this life.**