

Cross-passage references

3 John 1:1 The elder unto the wellbeloved Gaius, whom I love in the truth. **2** Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. **4** I have no greater joy than to hear that my children walk in truth

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. **25** And every man that striveth for the mastery is temperate in all things. Now they *do it* to obtain a corruptible crown; but we an incorruptible. **26** I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

Hebrews 12:1, 2 Wherefore seeing we also are compassed about with so great a cloud of witnesses, **let us lay aside every weight, and the sin which doth so easily beset us**, and let us run with patience the race that is set before us, 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.

Jeremiah 12:5 If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses? **and if in the land of peace, wherein thou trustedst, they wearied thee, then how wilt thou do in the swelling of Jordan?**

1 Corinthians 9:27 But **I keep under** my body, and bring *it* into **subjection**: lest that by any means, when I have preached to others, I myself should be a castaway.

1 Corinthians 6:12 All things are lawful unto me, but all things are not expedient: all things are lawful for me, **but I will not be brought under the power of any**.

Isaiah 40:30, 31 Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

1 Timothy Chapter 4 Fit For A Little Bit

1. Temporary; But Useful - 1 Timothy 4:7-8

a. Short Term Benefit

Body exercise... for today

Spiritual exercise... for eternity

b. Do This Regularly

Adam – Walked with God in the cool of the day **Genesis 3:8**

Enoch – Walked with God **Genesis 5:24**

(2) Disciples on the road to Emmaus – 7 miles – **Luke 24:13**

2. In It To Win It - 1 Corinthians 9:24 – 26

1st Place – Coronas Vertas - **Philippians 3:14**

2nd Nature – Lose the excess – **Hebrews 12:1, 2**

3. I Am My Own Slave Driver -1 Corinthians 9:27

1 Corinthians 9:27

1 Corinthians 6:12

BE LIKE:

Micah – Walk humbly with thy God **Micah 6:8**

Elijah – Eat properly before a marathon – **1 Kings 19:8**

Jehoshaphat – Walk and sing praise – **2 Chronicles 20:21**



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