

How sweet are Your words to my taste! Yes, sweeter than honey to my mouth! From Your precepts I get understanding; Therefore I hate every false way."
Psalms 119:103-104 NASB1995

REVIEW: WIN

1 CORINTHIANS 9:24-27 NLT

1. RUN TO WIN

RUN TO SURRENDER TO WIN

RUN TO SPREAD THE GOOD NEWS TO WIN

RUN TO SHARE IN THE BLESSINGS TO WIN

2. TRAIN TO WIN

TRAIN TO ENLIST SUPPORT TO WIN

TRAIN TO ELIMINATE WEIGHT TO WIN

TRAIN TO ENDURE TO WIN

MSG: RUN WITH PURPOSE

SCRIPTURE: 1 Corinthians 9:24-27 NLT

SZN 2: RUN WITH JESUS

1 Corinthians 9:24-27 NLT

"Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified."

INTRO: Running Crazy, Well

Structures for emotional health

Running from a dog.... versus

Running through the airport...versus

Running for leisure...

They're all running...
the circumstances are different,
the intention is different .
and consequences are different..

Let's discuss how do we Run with purpose...

3. PURPOSE TO BOX YOUR SHADOW

1 Corinthians 9:26 NIV

"Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air."

"Your shadow is the accumulation of untamed emotions, less-than-pure motives and thoughts that, while largely unconscious, strongly influence and shape your behaviors. It is the damaged but mostly hidden version of who you are." -Peter Scazzerro, Emotionally Healthy Leader

-FACE YOUR SHADOW AND BOX IT

YOU CANT WIN THE RACE IF YOU DON'T KNOW WHO YOU ARE IN THE RACE

DONT JUST SHADOWBOX, BOX YOUR SHADOW"

-FACE YOUR UNHEALTHY EMOTIONS AND HEAL IT

YOU CAN WIN THE FACE IF YOU DONT KNOW WHERE YOU ARE IN THE RACE

Ephesians 4:26-27 NIV

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold."

-FACE YOUR DYSFUNCTIONS AND FIX IT

Be honest The facets of your emotional brokenness. When it comes to surface.

"It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe."

-Muhammad Ali

-Face it. Fast. Pray. Get in the Word. Get in community. Get in therapy.
Get emotionally healthy.

ON PURPOSE! BOX YOUR SHADOW

4. PURPOSE TO PREVAIL OVER YOUR PAST

Philippians 3:12-13 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,"

PREVAIL BY POSSESSING MORE GRACE

THE MORE YOU KNOW YOURSELF, THE MORE GRACE YOU KNOW YOU NEED FOR YOURSELF

PREVAIL BY HEALING FROM YOUR PAST

PREVAIL BY LOOKING FORWARD

5. PURPOSE TO PRESS ON

Philippians 3:14 NLT

"I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."

PRESS - to pursue, follow after

PRESS ON TO FOLLOW AFTER JESUS CHRIST

PRESS ON TO SUFFER WELL

Jeremiah 32:19 NIV

“great are your purposes and mighty are your deeds. Your eyes are open to the ways of all mankind; you reward each person according to their conduct and as their deeds deserve.”

PRESS ON TO RECEIVE THE PRIZE

-Heaven will be your prize. With Jesus, now and forever!

“LET GO OF THE FEAR.

LET GO OF THE GUILT.

LET GO IT.

LET GO OF WHATEVER WAS,

AND WALK INTO WHAT IS”

-Tony “Little Duke” Evers, Creed III

...So Run With Purpose.