

TRUTH

for
Youth

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RUN
THE
RACE



GOD'S WORD SAYS: "Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it" 1 Corinthians 9:24-27.

Have you ever run in a race? Maybe you raced your friends. Maybe you ran in a game. Some people run a long way in a race called a marathon. They have to practice to be ready to run in a marathon. The Bible talks about our Christian lives as a marathon. A long race where we run to win the prize. This does not mean we run to get saved, if you have trusted in the Lord Jesus Christ you already are saved. It means that now that we are saved, we live our life to make the Lord happy.

To run the Christian race we need...

1. Self-Control



GOD'S WORD SAYS: "everyone who competes...is temperate (self-control) in all things" 1 Corinthians 9:25.

When you run a race, you have to have self-control. A marathon runner will get up early in the morning to run, even when they are sleepy. They have to stay away from some foods and eat foods that are good for them. They have to know when they need water, but not too much or too little. They have to control themselves so that they run a good race. We have to have control when we run God's race too. We need to do the things that help us "run" (read the Bible, pray) and stay away from the things (sin) that would keep us from "running" for the Lord.

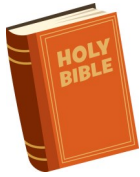
2. Focus



GOD'S WORD SAYS: "We [run] for an imperishable [reward]" 1 Corinthians 9:25.

You run a race with your eyes on the finish line. You cannot run looking behind you or beside you. You have to focus on why you are racing: to get to the finish line. Some people win a prize if they win the race. They may get a trophy or a medal. Over time, a trophy may break and a medal may get lost. We run the Christian race to get an eternal reward. Our reward is not salvation. We are saved the second we trust that Christ died on the cross, was buried, and rose again. The reward we get from the Lord is for serving Him in our lives. This reward will not break or get lost. It will last forever!

3. Assurance

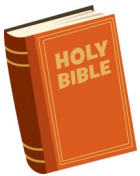


GOD'S WORD SAYS: "I run...not with uncertainty" 1 Corinthians 9:26.



When you run a race, you can train hard and eat the right things and do many exercises, but you don't know if you are going to win and get a reward. You are not sure if you will get first place. The Lord's race is different. We know the Lord will reward us if we trust Him in this life. If we are living for Him now. 2 Timothy 4:8 says, "there is laid up for me the crown of righteousness, which the Lord...will give...to all who have loved His appearing." If we live for the Lord now, we are promised we will get a reward when we go to be with Him some day.

4. Faithfulness



GOD'S WORD SAYS: "I discipline my body, and bring it into subjection" 1 Corinthians 9:27.
"For we walk by faith, not by sight" 2 Corinthians 5:7.

The verse is talking about being faithful to what God has asked us to do. He has asked us to live in a way that makes Him happy. He has asked us to share His Word with others. We will not see our reward for the Christian race down here on earth, but we walk by faith, knowing we have a home in Heaven one day. What will our reward be? I don't know, but it will be better than anything down here on earth.



Run the Race

Your "Christian" race began the moment you trusted in Christ to save you. At that moment, Heaven is where you will live forever and forever. The time before we get to Heaven is when we live for Christ. On the picture below, draw pictures of some ways you can "run" in a way that pleases the Lord.

