

For Joy!



**Average weight gain from
the first forkful at
Thanksgiving to the
last bite New Years eve?**



**On average, 30 pounds of
weight gain between
20s to mid-50s.**



**10 pounds a decade. How
much planning does
that take?**



**Some athletes see a loss of about
6% muscle density after
three weeks.**



**Some power lifters see losses of
as much as 35% after
seven months.**



**Young women who trained for
7 weeks and gained two
pounds of muscle mass,
lost nearly all of it after
detraining for 7 weeks.**



**Losing muscle mass takes no
planning, no discipline,
no preparation.**



**¹Therefore we must pay much
closer attention to what we have
heard, lest we drift away from it.**

Hebrews 2:1



24 Do you not know that in a race all the runners run, but only one receives the prize? So, run that you may obtain it.



25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.



26 So I do not run aimlessly; I do not
box as one beating the air. **27** But
I discipline my body and keep it
under control, lest after preaching
to others I myself should be
disqualified. 1 Cor. 9:24-27



**“Blessed are those who hunger and
thirst for righteousness for
they shall be filled.”**

Matt. 5:6



**Blessed are those who don't just
snack on the goodness of God, but
are desperately ravenous to
consume as much of
Him as possible.**

Matt. 5:6



**⁸I count everything as loss because
of the surpassing worth of knowing
Christ Jesus my Lord. For his sake
I have suffered the loss of all things
and count them as rubbish,**



in order that I may gain Christ,

⁹and be found in Him . . .

¹⁰that I may know Him . . .

Philippians 3:7-10



⁷I have fought the good fight, I have finished the race, I have kept the faith. ⁸Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day . . . 2 Tim. 4:7-8



No one enters a race dreaming of finishing last or placing in the middle of the pack.



**Do we run as though we are
seeking the prize, or are
we content just to
cross the finish line?**



**Are we drifting with the current,
or running to receive the prize?**



How?



- 1. The Word**
- 2. Prayer**
- 3. Fellowship/Groups**



Why?



For Duty?



For Fear?



For reward?



For Joy!

