

Running The Race

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I. Life is like a race.

- A. Lay aside any weight to run with endurance. (Hebrew 12:1)
- B. Christ has set us free.
- C. Strength to run the race each day.
- D. Finish well.

II. Weights we carry.

A. Self.

- 1. Lay aside old self and put on new.
- 2. Greatest burden to carry in life.
- 3. Who owns you?
- 4. Aspects.
 - a. Desire to be perfect.
 - b. Wanting to be accepted by others.
 - c. Past.
 - 1) Done away with. (2 Corinthians 5:17)
 - 2) No longer controlled his present behavior. (Philippians 3)
 - d. Bitterness.
 - 1) No root. (Hebrews 12:15)
 - 2) Sun go down on anger. (Ephesians 4)
 - 3) Be angry but do not sin.
 - 4) Forgive.
 - 5) Rotten to the bones. (Proverbs 14:30)
 - 6) Joseph's example.
 - a) Had a dysfunctional family.
 - b) Tested. (Psalm 105)
 - c) God was for him.

III. Run the race in freedom.

A. Realize Jesus fully meets all your needs.

1. Loved and valued.
2. Woman at the well.
3. David. (Psalm 27:1)
4. We have a spiritual heritage.
5. Co-dependant.
 - a. Depend only on God for needs. (Luke 14:28)
 - b. Christ died from us while we were sinners. (Romans 5:8)
6. Whose life are you leading?
 - a. What other people want.
 - b. What God wants.

B. Tell yourself the truth.

1. Thy Word is Truth. (John 17:17)
2. Check your thoughts.
3. Look for the truth in every situation.

C. Acknowledge your feelings to God.

1. An unacknowledged emotion controls you.
2. David's example.
 - a. Call upon God. (Psalm 55:4ff)
 - b. Tell God how you really feel. (Psalm 109:6ff)

D. Run today.

1. Jesus has purchased freedom on the cross.
2. Believe in Him and be set free.
3. Feel His pleasure.