

## Training For The Journey

### Description

1 Corinthians 9:19-27

I love watching sports and have often been inspired by the athletes who play them. The road to becoming a successful athlete is often long and arduous. First, athletes understand their goal and dedicate themselves to doing what is necessary to reach it. Second, they take care of their bodies and minds. Third, they begin the road to success early in life and dedicate themselves to improving every day. Finally, and maybe most importantly, they surround themselves with people who embrace their goal and support them.

Paul likens our development as Christians to running a race. Just like athletes, Christians need to understand the goal: not just to live in eternity with Christ but to bring the kingdom of God to others. Christians also need good nutrition: a steady diet of reading Scripture, prayer, and participating in the community of faith. Equally important, the Christian needs to approach the "race" with perseverance: small steps, some setbacks, but always moving forward.

Paul invested himself in the spiritual lives of those coming after him, teaching them the lessons he had learned.

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