

A Life that ROCKS!

A man with long curly hair, wearing a bright orange triathlon suit and sunglasses, is captured in a dynamic running pose on a dark, rocky volcanic landscape. The background features a range of brown, rocky mountains under a blue sky with scattered white clouds. The overall scene conveys a sense of endurance and outdoor adventure.

Sermon #4

Run, Man, Run!

A LIFE THAT ROCKS

Slide 2

1. The Source of Abundance – The Great GOD Almighty
Isaiah 40:9b-26
2. Surrender: Beyond the White Flag – Positioned to Receive
Isaiah 40:11; 44:2; John 10; Psalm 95:6-7; 139:1ff
3. Take a Flying Leap! – When a Step Isn't Enough
Isaiah 40:31; Matt 17:20; John 10:10
4. Run, Man, Run – Straining Toward the Goal
Isaiah 40:31; Hebrews 12:1
5. Walk the Walk – In His Footsteps
Isaiah 40:31; John 13:12-15
6. Stand Strong – Ready to Fight
1 Cor. 16:13-14; Ephesians 6:10-20; Deuteronomy 20:3-4; Josh 23:3;

SERIES PASSAGES

John 10:10¹

Slide 3

¹⁰ *A thief comes only to steal and to kill and to destroy. I have come that they may have life and have it in abundance.*

Isaiah 40: 31 HCSB

Slide 4

³¹ *but those who trust in the Lord will renew their strength;
they will soar on wings like eagles;
they will run and not grow weary;
they will walk and not faint.*

¹ All passages from Holman Christian Standard Bible (HCSB) unless otherwise specified.



#4, RUN, MAN, RUN

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- those who TRUST
- in the LORD
- will
 - renew their strength
 - soar on wings like eagles;
 - ***RUN AND NOT GROW WEARY;***
 - walk and not faint.

#4, RUN, MAN, RUN

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- Know the Stakes
- Drop the Baggage
- Release the Restraints
- Run



KNOW THE STAKES

Slide 7

- **WHAT IS THIS RACE?**
- **WHERE DOES IT TAKE PLACE?**
- **WHO IS THE CLOUD OF WITNESSES?**

Hebrews 12:1

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¹ Therefore, since we also have such a large cloud of witnesses surrounding us, **let us lay aside every weight and the sin that so easily ensnares us.** Let us run with endurance the race that lies before us,

Hebrews 12:2

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² keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God’s throne.

Hebrews 12:22-24

Slide 10

²² Instead, you have come to Mount Zion, to the city of the living God (the heavenly Jerusalem), to myriads of angels in festive gathering, ²³ to the assembly of the firstborn whose names have been written in heaven, to God who is the Judge of all, to the spirits of righteous people made perfect, ²⁴ to Jesus (mediator of a new covenant), and to the sprinkled blood, which says better things than the blood of Abel.

KNOW THE STAKES—(HEBREWS 12:22-24)

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• **LOCATION –**

- The Holy City

• **WITNESSES:**

- angels in festive gathering,
- the firstborn,
- God who is the Judge of all,
- righteous people made perfect,
- Jesus – our example



KNOW THE STAKES—1 CORINTHIANS 9-10

Slide 12

1 Corinthians chapters 9 and 10 talk about what our race is. In Summary:

- ***THE RACE: (1 CORINTHIANS 9-10)***

- Fulfilling to the maximum
- God's kingdom purpose
- for your life
- in the freedom of God's grace
- without the bondage of sin or
- the weight of the law's demands.



DROP THE BAGGAGE

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a.k.a. Strip Down

“Let us lay aside every weight” Heb 12:1

DROP THE BAGGAGE

• NEGATIVE RELATIONSHIPS/CONFLICT

Slide 14

Hebrews 12:12-16

¹⁴ *Pursue peace with everyone, and holiness—without it no one will see the Lord.* ¹⁵ *Make sure that no one falls short of the grace of God and that no root of bitterness springs up, causing trouble and by it, defiling many.*

• GUILT — ROMANS 8:1-2

Slide 15

Romans 8:1-2

¹ *Therefore, no condemnation now exists for those in Christ Jesus,* ² *because the Spirit’s law of life in Christ Jesus has set you free from the law of sin and of death.*

• LEGALISM — GALATIANS 5

Slide 16

You can only run when you are FREE from the Law! Running is not possible under the burden of the Law!

PAUL on the **Bondage to Law vs. Freedom by Grace through Faith** – a constant fight in his day and in ours.

- Romans 1-10; 1 Corinthians 8-10; Galatians 2- 5;
- Hebrews 12

In the province of Galatia the “circumcision” crew was at it trying to add legal requirements to grace. So in Paul’s letter to the Galatians he addresses the freedom we have in Christ versus the slavery of living under the Law. Over and over he emphasizes that grace and legalism are mutually exclusive – they cannot coexist.

In Galatians 4, Paul says



Galatians 4:30

... for the son of the slave will never be a coheir with the son of the free woman.

And in Galatians 5 he goes on to say:

Galatians 5:1, 7

¹ *Christ has liberated us to be free. Stand firm then and don't submit again to a yoke of slavery. ...*

⁷ *You were running well. Who prevented you from obeying the truth?*

You can't run, you can't carry out God's perfect purpose for you while carrying the weight of the Law. In Matthew 23:4 Jesus said that those whose religion is based in legalism

"... tie up heavy loads that are hard to carry and put them on people's shoulders, but they themselves aren't willing to lift a finger to move them."

WHY is Legalism such a problem? - Legalism brings the burden of guilt with no solution.

DROP THE BAGGAGE

Slide 17

- **GUILT**
- **NEGATIVE RELATIONSHIPS/CONFLICT**
- **LEGALISM**

Live by Grace

Grace is the running clothes of the spiritual life – light weight, precision garments that not only free us to run, but inspire us to run.



RELEASE THE RESTRAINTS **Slide 18**

Heb 12:1

...the sin that so easily ensnares us...

• WORLDLY TREASURES **Slide 19**

Matthew 6:24

“No one can be a slave of two masters, since either he will hate one and love the other, or be devoted to one and despise the other. You cannot be slaves of God and of money.”

• SIN & ADDICTIONS – HEBREWS 12:4-7; 1 CORINTHIANS 6:18 **Slide 20**

- Stuff/Work/Money/Gossip/Porn/Sex/Alcohol/Drugs/Athletics/Debt

1 Corinthians 6:18

Run from sexual immorality! ...

Hebrews 12:4-7

⁴ *In **struggling against sin**, you have not yet resisted to the point of shedding your blood.*

My son, do not take the Lord’s discipline lightly or faint when you are reprovved by Him, ⁶ for the Lord disciplines the one He loves and punishes every son He receives. [Proverbs 3:11-12]

⁷ *Endure suffering as discipline: God is dealing with you as sons. For what son is there that a father does not discipline?*

He’s alluding to both:

1. Jesus struggling against the temptation in the garden to abandon the call of God on his life – to step out of the Father’s will; and
2. Christ’s sacrifice on the cross to pay the debt we owe because of our sin.

Have we ever fought *against* temptation in our lives so much that we worked up even a minor sweat, much less sweating drops of blood?

• DISTRACTIONS **Slide 21**

- – Anything that keeps you from focusing on God’s best for your life

1 Timothy 6:9-11a



⁹ *But those who want to be rich fall into temptation, a trap, and many foolish and harmful desires, which plunge people into ruin and destruction. ¹⁰ For the love of money is a root of all kinds of evil, and by craving it, some have wandered away from the faith and pierced themselves with many pains. But you, man of God, **run** from these things...*

RELEASE THE RESTRAINTS

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- Worldly Treasures
- Sin, Addictions, Bad Habits
- Distractions

Jim Porterfield

“A good thing that takes the place of the best thing becomes a bad thing!”



RUN

Slide 23

You can't get better at a sport if you never play it!

1 Corinthians 9:24-27 HCSB

²² ... I have become all things to all people, so that I may by every possible means save some. ²³ Now I do all this because of the gospel, so I may become a partner in its benefits.

²⁴ Don't you know that the runners in a stadium all race, but only one receives the prize? Run in such a way to win the prize.

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²⁵ Now everyone who competes exercises self-control in everything. However, they do it to receive a crown that will fade away, but we a crown that will never fade away.

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²⁶ Therefore I do not run like one who runs aimlessly or box like one beating the air.

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²⁷ Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.

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RUN

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• **FOCUS ON THE PRIZE**

1 Corinthians 9:24

Hebrews 12:1b-2

Let us run with endurance the race that lies before us, ² keeping our eyes on **Jesus**, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God's throne.

• **SELF-CONTROL — NOT DOING WHAT YOU SHOULDN'T DO**

1 Corinthians 9:25

• **INTENTIONALITY — NOT AIMLESSLY**

1 Corinthians 9:26



- **DISCIPLINE — DOING WHAT YOU SHOULD DO**

1 Corinthians 9:27

1 Timothy 6:11

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¹¹ But you, man of God, ... pursue righteousness, godliness, faith, love, endurance, and gentleness.

WHY RUN?

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John 10:9-10

⁹ I am the door. If anyone enters by Me, he will be saved and will come in and go out and **find pasture**. ¹⁰ A thief comes only to steal and to kill and to destroy. I have come so that they may **have life and have it in abundance**.

Matthew 11:28-30

²⁸ "Come to Me, all of you who are weary and burdened, and I will give you rest. ²⁹ All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. ³⁰ For My yoke is easy and My burden is light."

WHY RUN?

Slide 31

- **IT'S EITHER THE THIEF OR THE SHEPHERD. YOU CHOOSE!**

SO, RUN, MAN, RUN

Slide 32

I pray that you will run—that you will fulfill to the maximum God's kingdom purpose for your life in the freedom of God's grace without the bondage of sin or the weight of the law's demands, and, in so doing will enjoy the fullness of the abundant life that Christ has for you.



