

## Training to finish the race

### 2 Timothy 4:7-8 NLT

I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing.

Training to finish the race is a life long training

### 1.Focus

Definition of focus “the center of interest or activity”.

Focusing is setting your mind on the task

### Hebrews 12:1-2 NLT

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne.

Fear can keep you from focusing

### Isaiah 26:3 NLT

You will keep in perfect peace  
all who trust in you,  
all whose thoughts are fixed on you!

## 2. Be persistent

The definition of persistent :continuing to do something or to try to do something even though it is difficult or other people want you to stop

We must be persistent in

A. The word

**Proverbs 4:21-23 NIV**

Do not let them out of your sight,  
keep them within your heart;

for they are life to those who find them  
and health to one's whole body.

Above all else, guard your heart,  
for everything you do flows from it.

B. Getting wisdom

**Proverbs 24:5-6 CEV**

Wisdom brings strength,  
and knowledge gives power.

Battles are won  
by listening to advice  
and making a lot of plans

C.Our acts

**Galatians 6:9 NLT**

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

3.Be patient and endure

Impatience for victory will guarantee defeat

**Colossians 1:10-11 NLT**

Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.

11 We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy,<sup>[a]</sup>