



## The Finish Line Is Worth It

Pastor Shawn

4/26/2026

### 1. FOCUSED TRAINING AND DISCIPLINE (FTD)

**Spirit-Filled Believer:** Encounters with the Holy Spirit are cultivated through daily habits.

- 1. **Consistent Bible Study:** seeking fresh Scriptural \_\_\_\_\_ & \_\_\_\_\_.
- 2. **Intentional Prayer:** for intimacy and guidance.
- 3. **Consistent Worship:** to invite His presence.
- 4. **Active Obedience:** to His leading.

**Successful Runner:** Doesn't wait for motivation. Follows \_\_\_\_\_ disciplines.

*Whoever wants to be my disciple must deny themselves and take up their cross daily.* Lk 9:23

### 2. ENDURANCE DEVELOPED OVER TIME

**Spirit-Directed Believer:** Spiritual vitality grows through consistent obedience.

**Successful Runner:** Stamina is developed mile by mile.

*Do not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.* Gal 6:9

### 3. ACHIEVEMENT NOT DETERMINED BY MOOD

**Successful Runner:** Some of the best workouts happen on low motivation days.

**Spirit-Led Believer:** Some of the deepest encounters with God come when you press past feelings.

*Why, my soul are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.* Ps 42:5

**Key Point:** \_\_\_\_\_ ...precedes Feelings

### 4. CARBO-LOADING: The Necessity of Proper Nutrition

**Spirit-Fed Believer:** God's Word fuels spiritual life and sensitivity to the spirit.

*"Do your best to present yourself to God as one approved, a worker who does not need to be ashamed, who correctly handles the word of truth."* 2 Tim 2:15

**Successful Runner:** Nutrition determines performance.

*Jesus said: "Man shall not live on bread alone, but on every word that comes out of the mouth of God."* Matt 4:4

*"The Holy Spirit...will teach you all things and will remind you of everything I have said to you."* Jn 14:26

### 5. DEVELOPING A WORKABLE PLAN (3 WEEKS AT A TIME)

**Spirit-Focused Believer:** Intentional spiritual habits, produce consistent spiritual achievement(s).

**Successful Runner:** Random running, produces - random results.

**Key Point:** Spiritual growth is not accidental - it's \_\_\_\_\_.

*Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.* 1 Tim 4:8

### 6. LIKEMINDED PARTNERS MATTER

**Successful Runner:** Training partners increase accountability and extend limits.

**Spirit-Growing Believer:** Fellowship sharpens and sustains spiritual fire.

Isolation weakens intensity - community multiplies it.

*"Let \_\_\_\_\_ draw near to God with a sincere heart & with the full assurance of what faith brings..."* Heb 10:22

### 7. YOU PUSH THROUGH PAIN AND RESISTANCE

**Successful Runner:** Growth happens beyond comfort zones.

**Spirit-Sustaining Believer:** Spiritual maturity develops through resistance and trials.

*"...you know that the testing of your faith produces perseverance.* James 1:2

**Key Point:** Pressure doesn't prevent growth - it \_\_\_\_\_ it.

### 8. THE FINISH LINE IS WORTH IT

**Successful Runner:** Keeps going because the reward is ahead.

**Spirit-Winning Believer:** Lives with eternity in mind and the promise of God's ultimate prize.

*"I have fought the good fight, I have finished the race, I have kept the faith."* 2 Tim 4:7

When you know who runs with you, and what awaits when you cross your finish line... you run differently and you \_\_\_\_\_!



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