

Just like a runner trains, in running the spiritual race of faith, we need to train ourselves - body, soul, and spirit. Don't be afraid of the 'hills' ahead. Establish your spiritual routines, and stick to them. Like a runner knows how vital recovery is whilst running, learn to rest and recover in Jesus.

Our walk with God is like a race, which we need to be prepared to run and to be aware of any challenges that may interfere with our success. A race that is run well has great rewards. We will see Christ one day soon, so don't despair about today. Look with faith toward the finish line. Remember, God has our future in His secure hands. We 'run' for Him - for Christ's glory, for the honour of His name, and for the advancement of His Kingdom.

Hebrews 12:2 "Looking unto Jesus, the Author and Finisher of our faith, who for the joy that was set before Him endured the Cross, despising the shame, and has sat down at the right hand of the throne of God."