

Guide for the Marathon

Ready:

“I have told you these things to keep you from stumbling.” – John 16:1

Set

One of the most incredible sights is the Blind Sprint in the Paralympic Games. You have world-class sprinting with world-class speed, but, as the name suggests, the participants are blind.

To perform, the sprinters are partnered with another sprinter. Not only does this partner have to be able to keep up with the participant, but they also have to guide them. The partner has to keep them in the lane, keep even footfalls, and lead them through the finish line.

One of the best things about following Jesus is that we always have guidance. During His “Upper Room Discourse” ([John 13-17](#)), Jesus said He shared with His disciples what He did to keep them from stumbling.

As servants of Jesus, we have the Bible to tell us about Jesus and how to live like Him. We also have the Holy Spirit to help us make the right decisions and connect us to the Father. And if that’s not enough, God created us to need others so that we can have people around who can help us live as we should.

This life is a marathon. There are times that we sprint and times that we walk, but it is continuous. However, we can look at the Spirit, the Word and others running in lockstep with us as we go. The best part is that the Spirit and the Word constantly tell us how and where to run. Don’t grow weary of the race. Run toward Him, and He will guide you each step of the way.

Go

- Who is your guide in life right now, Jesus or something else?
- How can we allow the Word and the Spirit to guide us?
- Is there someone in your life that YOU could be a guide for?

Workout

[John 14:26](#)

[John 16:1](#)

Overtime

“Father, I need You to guide me. Please speak to me as I read Your Word. Help me to listen to it and the Spirit as they lead me. In His name I pray, amen.”



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