

## **Run with Purpose**

### **Ready:**

“So I do not run like one who runs aimlessly or box like one beating the air. Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.” 1 Corinthians 9:26-27

### **Set**

When experienced runners and athletes prepare for a season, they often start with defining the “why,” or their purpose for training and competing. They assess their current fitness, their goals and their motives. They develop a training plan with routines and rhythms that will lead to a successful season, achieving their goals. They prioritize their life, schedules and activities centered on that purpose. Focus, discipline and careful execution are required.

A runner has a far greater purpose than their general fitness or best 5K or marathon time. God has given each of us the gift of fitness, and the passion and ability to run for Him and His glory.

Proverbs 19:21 says, “Many are the plans in a person’s heart, but the LORD’s decree will prevail.” When we grasp the greater purpose, our mindset shifts away from self to our Almighty God. Every training run or race becomes an opportunity to focus our attention on God. Then it becomes an act of worship, bringing Him glory.

Are you lacking joy and fulfillment in your running or has your running stalled or hit a plateau? Maybe it’s time to reassess. Consider taking God with you on your next run. Before you put on your running shoes, kneel before Him and acknowledge His presence, power and provision.

Our purpose is not to simply run, but to run to Jesus and bring Him glory. When we realize that God created us to glorify Him, and we start to act in ways that fulfill that purpose, then we will begin to experience an intensity of joy and fulfillment in the Lord that we have never known before.

Let’s run with purpose. Let’s run to Jesus!

### **Go**

- Are you experiencing this greater purpose and higher calling? Why or why not?
- What adjustments do you need to make in your thoughts, actions or priorities?
- What does it look like for you to compete for Christ?

### **Workout**

Psalm 33:11

1 Peter 2:9

Ephesians 2:10

## **Overtime**

“Father, I surrender my heart and my will to You. May Your kingdom come, and Your will be done as You lead me to a life of greater purpose. Here I am Lord, send me. Use my influence, my relationships and my running to impart Your Truth and grace to those You place in my path. In Jesus’ name, Amen.”



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