

TRAINING FOR THE CHRISTIAN LIFE / *Philippians 3:14*

As a great amount of training is needed for athletic activities, so we must train diligently for the Christian life. Such training takes time, dedication, energy, continued practice, and vision. We must commit ourselves to the Christian life, but we must first know the rules as prescribed in God's Word (2 Timothy 2:5).

Reference	Metaphors	Training	Our Goal as Believers
1 Corinthians 9:24-27	Race	Go into strict training in order to get the prize.	We train ourselves to run the race of life. So we keep our eyes on Christ—the goal—and don't get sidetracked or slowed down. When we do this, we will win a reward in Christ's Kingdom.
Philippians 3:13-14	Race	Focus all your energies toward winning the race.	Living the Christian life demands all of our energies. We can forget the past and strain to reach the goal because we know Christ promises eternity with him at the race's end.
1 Timothy 4:7-10	Exercise	Spiritual exercise will help you grow in faith and character.	Just as we exercise to keep physically fit, we must also train ourselves to be spiritually fit. As our faith develops, we become better Christians, living in accordance with God's will. Such a life will attract others to Christ and pay dividends in both this life and the next.
2 Timothy 4:7-8	Fight Race	Fighting the good fight and persevering to the end.	The Christian life is a fight against evil forces from without and temptation from within. If we stay true to God through it all, he promises an end, a rest, and a crown.