



March 15, 2009

Turning Stress Into Strength

(What to do when you can't go on but you can't stop)
(SERIES: The Power To Prevail: 06 of 09)
by Dr. David Foster

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Phil 3:14)

"In a race everyone runs, but only one person gets first prize. So run your race to win. To win the contest you must deny yourselves many things that would keep you from doing your best. An athlete goes to all this trouble just to win a blue ribbon or a silver cup, but we do it for a heavenly reward that never disappears. So I run straight to the goal with purpose in every step. I fight to win. I'm not just shadow-boxing or playing around. Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside." (1 Cor 9:24-27)

Will you be remembered for what it took to get you to quit because **you were weak?**

Will you be remembered for what you could endure because **you were strong?**

"S.T.P. THE RACER'S EDGE"

I will practice **self-discipline.**

"In a race everyone runs, but only one person gets first prize. So run your race to win. To win the contest you must deny yourselves many things that would keep you from doing your best. An athlete goes to all this trouble just to win a blue ribbon or a silver cup, but we do it for a heavenly reward that never disappears." (1 Cor 9:24-25)

"I can do anything I want to if Christ has not said no, but some of these things aren't good for me. Even if I am allowed to do them, I'll refuse to if I think they might get such a grip on me that I can't easily stop when I want to." (1 Cor 6:12)

I will master my **moods**.

I will master my **words**.

I will master my **time**.

I will be **trained.**

"So I run straight to the goal with purpose in every step. I fight to win. I'm not just shadow-boxing or playing around. Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. . . ." (1 Cor 9:26-27)

The will to win must be accompanied by the will to

I will master the art of **perseverance.**

". . . . Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside." (1 Cor 9:27)

"Since we have such a huge crowd of men of faith watching us from the grandstands, let us strip off anything that slows us down or holds us back, and especially those sins that wrap themselves so tightly around our feet and trip us up; and let us run with patience the particular race that God has set before us. Keep your eyes on Jesus, our leader and instructor. He was willing to die a shameful death on the cross because of the joy he knew would be his afterwards; and now he sits in the place of honor by the throne of God. If you want to keep from becoming fainthearted and weary, think about his patience as sinful men did such terrible things to him." (Heb 12:1-3)