



MESSAGE NOTES

Take-aways from the text...

1. **There is a work that has to be done, we are expected to do it** but it is not going to be easy.
2. **The race was never intended to be easy.** The day must be gone when we, as Christians think everything will be easy because we are believers.
3. **There are things that force us to do what we don't like to do** - endure and be patient.
4. **We must continue regardless to feelings, conditions or outcome.** You have to keep running. There may be stops but you have to have the mindset that "I'm still in a marathon. I must keep going."
5. **Life is not a sprint it is a marathon.** The pandemic is not a sprint it is a marathon. It's an anon - a race of agony.
6. **We must run with passion and determination** the path that has already been marked for us. This is how a Christian thinks when a crisis comes
7. **We surrounded by giants,** who started the race and have passed the baton. The path is marked because they already ran in their generation.
8. **We have a legacy.** We have both spiritual/faith giants and civil/social justice giants who are rooting us along to keep running and sit on the sidelines.

Selah

pause and think

Main Thought:

"Life is not a sprint, it's a marathon." We are surrounded by giants, who started the race and have passed the baton to our generation.

Greek Word for "Race - Agon

agón (the root of the English words, "agony," "agonize") - a contest (struggle), a grueling conflict (fight); (figuratively) positive struggle that goes with "fighting the good fight of faith" (1 Tim 6:12) - which literally states, "Struggle the good struggle of the (life of) faith."

agón refers to "an (athletic) contest; hence, a struggle (in the soul)" (Souter).

- We must develop spiritual stamina to finish the race before us. The text reminds us that we must keep pressing to make things happen
- Remember the giants who started the race and ran their leg before you. We too must finish successfully.
- Let's run and keep running!