

## **I. FIGHT THE GOOD FIGHT, FINISH THE RACE – THE TEXTS**

- A. 1 Tim. 1:18 “war the good warfare holding faith”
- B. 1 Tim. 6:12 “fight the good fight of faith”
- C. 2 Tim. 4:7 “fought the good fight, finished the course (race), kept the faith”
- D. Eph. 6:12, 16 “we wrestle... against spiritual wickedness... Above all, take the shield of faith.”
- E. Heb. 12:1-2 “run with endurance... author and finisher of our faith”

## **II. FIGHT THE GOOD FIGHT, FINISH THE RACE – THE METAPHOR**

- A. These two metaphors emphasize endurance
- B. These are individual endeavors
- C. Fighting and racing require preparation
- D. Trials come and we need endurance
- E. There is a reward for finishing
- F. There are consequences for giving up

## **III. FIGHT THE GOOD FIGHT, FINISH THE RACE - ESSENTIALS**

- A. Faith – Did you notice that faith was in the immediate context of those verses?
- B. A good conscience
- C. Endurance

## **IV. ESSENTIALS FOR FIGHTING: FAITH**

- A. Faith was essential to Timothy's fight
- B. Going to war requires preparation
- C. Fighting requires preparation
- D. Running a race requires preparation
- E. How did Timothy prepare for his fight? (2 Tim. 1:5; 3:15-17)

- F. Timothy was charged to resist those who perverted the gospel  
(1 Tim. 1:3-7)
- G. He was to lead them from vain, useless talk to sincere love, purity, and  
faith (v.5)
- H. He had a sincere and mature faith!

## **V. ESSENTIALS FOR FIGHTING: PREPARATION**

- A. *The will to win means nothing without the will to prepare. – Juma Ikangaa,  
1989 NYC Marathon winner*
- B. *But you don't want to quit when you've trained so hard and long for one  
race. – Deena Kastor*

## **VI. ESSENTIALS FOR FIGHTING: CONSCIENCE**

- A. Notice that his instruction to others was toward a good conscience  
(1 Tim. 1:5)
- B. A clean conscience is essential!
- C. We may have undervalued the conscience
- D. Violating our conscience is sin! (Rom. 14:23)
- E. Good attitude promotes clean conscience

## **VII. ESSENTIALS FOR FIGHTING: ATTITUDE**

- A. *We don't make sacrifices. If we truly love this sport and we have these  
goals and dreams, they're not sacrifices. They're choices that we make to  
fulfill these goals and dreams. – Deena Kastor*

## **VIII. ESSENTIALS FOR FIGHTING: ENDURANCE**

- A. Heb 12:1-3 Therefore let us also, seeing we are compassed about with  
so great a cloud of witnesses, lay aside every weight, and the sin which doth

so easily *beset* us, and let us run with patience the race that is set before us, (2) looking unto Jesus the author and perfecter of our faith, who for the joy that was set before him endured the cross, despising shame, and hath sat down at the right hand of the throne of God. (3) For consider him that hath endured such gainsaying of sinners against himself, that ye wax not weary, fainting in your souls.

- B. Trials will come
- C. You will doubt your ability
- D. You will be disappointed
- E. You will suffer
- F. You will be tempted to quit
- G. The goal is worth it!
- H. *"There is a moment in every race. A moment where you can either quit, fold, or say to yourself, 'I can do this.'" – Gatorade Ad*
- I. *"Perseverance is the hard work you do after you get tired of doing the hard work you already did." - Newt Gingrich*

## **IX. THE REWARD: THE CROWN**

- A. Jesus endured the cross for the joy that was set before Him (Heb. 12:2)
- B. After Paul "finished the race" there was a crown of everlasting life for him (2 Tim. 4:8)
- C. We fight and race for an imperishable crown (1 Cor. 9:25)

## **X. THE REWARD: ENCOURAGEMENT**

- A. Jesus is our example from Hebrews
- B. Timothy was to encourage others
- C. When we witness those who suffer and endure, it encourages us!