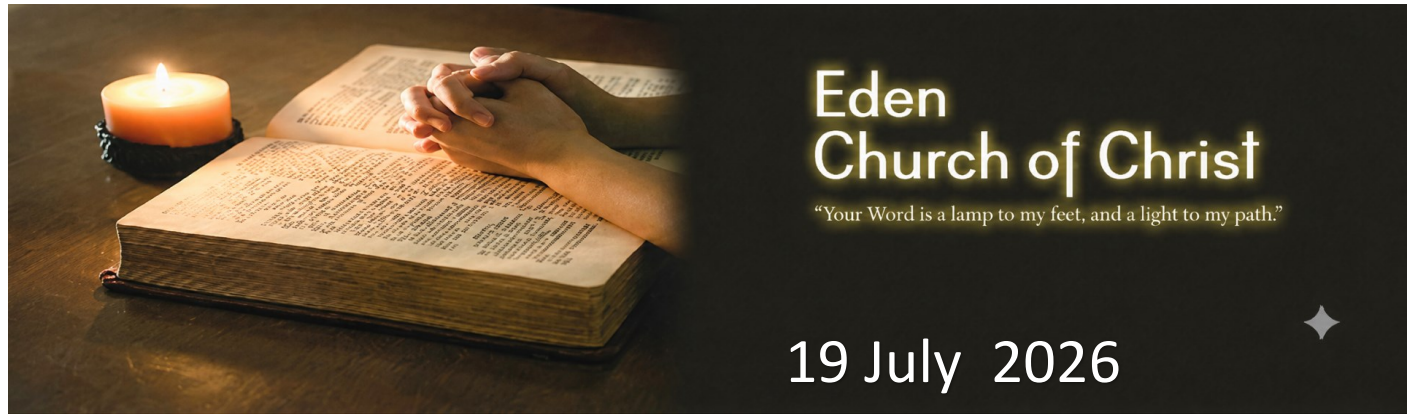




“Life Is a Marathon, Not a Sprint”

For the past two weeks, our world has been focused on the Olympics. The longest race in these contests, the marathon, is based both in name and distance of an event which occurred in 490 B.C. The New Testament world had such events, and it often mentions them in connection with the race in which every Christian participates.

We must remember that our life is a race to receive a crown of glory. Far too many Christians see their lives as Christians “strolling” through their years on this earth. It is not a stroll; it is a race! Look at those involved in the races in Paris, and they have spent years, not strolling, but in intense training.

Have you seen those traffic reports on television where dots representing cars are traveling down highways to indicate which roads were blocked and which routes to take. You could ask, “Where are they going?”

They are not going anywhere, they are just going and going.

Living as a Christian is not just going on a long stroll, it is an intense race to the completion of the race for our crown.

The participants in the Olympics have spent years to be able to run a race which often ends in minutes or even seconds. There is no victory without training. In ancient days, the contestants assembled and took a solemn oath before the gods that they had done no less than ten months training and that they would not resort

to any trickery to win. In a similar fashion, our race involves dedicated training and keeping of rules for the race to our crown.

In ancient training, they often strapped weights to their bodies, but the day of the actual race they removed the weights and felt so much lighter during the race. Hebrews twelve says we should “...lay aside every weight...and run with endurance the race set before us.” Are there weights in your life that are hindering you in your race?

There are witnesses to us as we run. Hebrews twelve speaks of a great cloud of witnesses, and this likely refers to those in the previous chapter who have by faith finished their race and are seeing us, but there are others who witness us as we run.

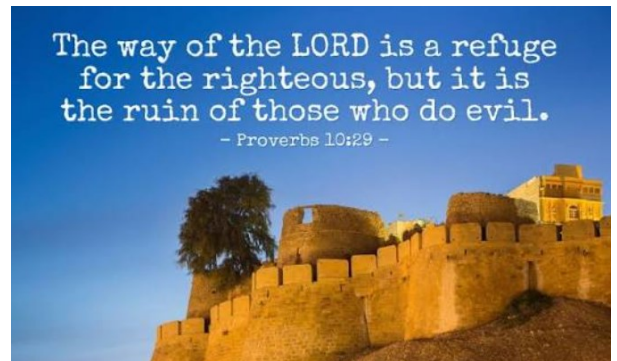
Our friends, our mates, children and those we meet every day are watching us. As you run your race, keep in mind the impact you have on those around you who are watching.

A crown awaits us—not a garland crown or blue ribbon or a gold medal. It is a crown of righteousness (2 Tim. 4:8), a crown of glory (1 Pet. 5:4) and an eternal, imperishable crown of life (1 Cor. 9:25; Rev. 2:10).

He who has sinlessly finished His race awaits us at the finished line. Do not just stroll aimlessly through life. Keep your eyes on Him through every trial as you complete your race.

Calendar of Events

28th of July, Tuesday
Singing evening at Chris & Alana.



19 July	DUTY ROSTER	26 July
AM		AM
Daniel	SONG LEADER	Daniel
Marchant	Announcements	Robert
Robert	LORD'S SUPPER	Reinhold
Reinhold	PREACHING	Adriaan
Adriaan	CLOSING PRAYER	Marchant

Today's Songs

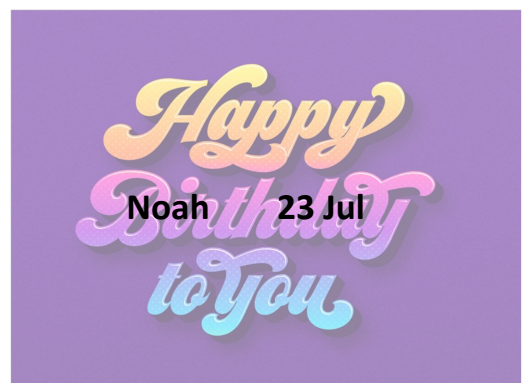
Song 1 (584)	To Canaan's Land
Song 2 (681)	Just As I Am
Song 3 (281)	It Is Well With My Soul
Song 4 (12)	Amazing Grace

Keep in Your Prayers



Esmerelda
Our Congregation
Jacqui
Tersia

Title & Opening Scripture	"Essentials for Living the Christ-Like Life" Col 4:2-6
Other Scriptures	



Please send any relevant information for this Bulletin to reinhold.jahnke@gmail.com