

# SPIRITUAL EXERCISES WORKOUT SHEET

## THE EXERCISE OF PERSEVERANCE

*I have fought a good fight, I have finished the race, and I have remained faithful...*

2 Timothy 4:7

We are called to persevere to the very end of our Christians lives and to finish well. This means resolving right from the start to overcome trials. In every marathon race there are walls that the runner hits. These 'pain barriers' are inevitable.

Christians face these pain barriers too. These are called 'hardships'. These hardships or 'storms' can be sent by God to refine us, by the enemy to destroy us, or may just be a part and parcel of living in a fallen world. The important thing is to persevere through these trials.

The critical quality we all need for getting through these trying times is 'faithfulness'. Faithfulness means remaining steady and true to our commitment and calling. It also means being full of faith – that ability to believe what you can't see and to T.R.I.U.M.P.H... to grow in...

Training in obedience

Refinement of your character

Intimacy with your compassionate God and Saviour

Understanding of the hurts of others

Maturity for ministering to others

Perseverance in difficult times

Hope for the future

BC Forbes says, 'How you start is important, but it is how you finish that counts. In the race for success, speed is less important than stamina. The steeper outlasts the sprinter'. Or, as the saying goes, 'remember, triumph is the combination of TRY and OOOMPH!).

So: every time you face a pain barrier... DON'T QUIT! Fix your eyes on Jesus (Hebrews 12.1-3) and ask for the Holy Spirit to give you the power to endure (Colossians 1.11). Above all, make it your aim to FINISH WELL. A disciple keeps on going until the finishing line!

***Father, help me not just to be a good starter but also a good finisher. Help me to run with endurance the race set before me, always looking to Jesus for my inspiration. With the help of your Holy Spirit, enable me to say with Paul, 'I have run the race and won the prize!'. I ask in Jesus' name, Amen.***