

1 Going for the Gold?

- Purpose Driven Exercise

2 2008 Olympics

- Beijing (China)
- Athletes from over 200 countries will be competing for medals and national prestige.
- For the next couple of weeks, the Olympics will be near the top of most news story in the press.

3 2008 Olympics

- At the Olympics, we will find some of the most dedicated people on the earth.
 - left family
 - put off education
 - forsaken careers
 - pay dearly financially
- Strict training . . . for months and years. . . . for the hope of competing.

4 2008 Olympics

- So dedicated are these athletes that NBC plans to cover their background as much as they plan to cover the actual events themselves.
- People are touched and inspired when they learn of how these men and women have had to persevere through hardships and trials.
- It is not so much the talent as it is the dedication and willingness to go into strict training.

5 Eye on the Goal

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- People are touched and inspired when they learn of how these men and women have had to persevere through hardships and trials.
- It is not so much the talent as it is the dedication and willingness to be disciplined.

6 The Prize

- Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. (1 Corinthians 9:24–25 NIV)

7 The Prize

- Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. (1 Corinthians 9:26–27 NIV)

8 Content of Training

- For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (1 Timothy 4:8 NIV)
- All Scripture is God–breathed and is useful for teaching, rebuking, correcting and training in righteousness, (2 Timothy 3:16 NIV)

9 Motivation

- Crisis – Weight gain problem (200 lbs)
- Fix – Exercise program (jogging)
- Result – Lost 35 lbs in 4 months
- Test/Trial – Hurt at work, Hot summer months.
- Outcome – Quit working out as a life–style.

10 Motivation

- Crisis – Hurt shoulder (tendonitis)
- Fix – My own therapy program
- Result – Nothing
- Test/Trial – Looked for a better way
- Outcome – Joined a Health Club and signed up for a personal trainer.

11 Health Club

- My Health Analysis
 - Sedentary Lifestyle and percentage of body fat, I had the body of a 61 year old.
 - Only 5% of those who join a Health Club meet their goal objectives.
 - Need a Personal Trainer

12 My First Day

- My Appointment (11:00 a.m.)
- Personal Trainer calls and changes it to 11:30 a.m.
- On the way to my 11:30 a.m, I get a call asking “why am I late?”
- Late? I’m not late!!!
- Offended – “Who do they think they are?”

13 My Flesh Goes Crazy!

- Start to think what I can do to get revenge.
- “Who do they think they are? I’ll show them not to mess with me!”
- Little voice inside of me . . .
- Exercise your faith and be godly and you will grow spiritually.

14 Revelation

- If we are to grow spiritually and win the prize, we must also go into strict training.
- We must control our flesh and be disciplined in controlling our anger, frustrations, and disappointments.
- In doing so, we will grow and be mature.

15 Revelation

- Just as Personal Trainers are helpful in us obtaining our physical exercise goals, so should we have Spiritual Trainers (mentors) who can help us not to give up too.
- Spiritual exercise is not an option but a must for our lives.
- Reason why God disciplines us.

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17 Events of Our Day

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- But you, Daniel, close up and seal the words of the scroll until the time of the end. (Daniel 12:4 NIV)
- New Revelation to the End–times
 - Islam and their Messiah—the Mahdi seem to fit better than any other alternative to what the Bible teaches will be the Beast and his empire.
 - Could Dubai be Mystery Babylon the great?

19 Motivation

- Do we need any more motivation to buckle down and train ourselves to be godly?
- Do we want to be ready and spiritually fit, or do we want to be a push over where the trouble of the last days is greater than our ability to endure.