

Paul describes the Christian's life as a race (1 Cor 9:24–27). The author of the Letter to the Hebrews agrees (Heb 12). The Christian must run, run hard, run with discipline...run to win. This is what faith does; this is what God saved us for. And the alternative to running to win is risking disqualification.

Tim Challies makes the observation, “Everywhere and at all times you are running the race of all races, the Christian life.

Suggested One-Month Reading Plan

(Average 5 pages per day)

Week 1: Mon 8/3 – Sun 8/9

Introduction: The Race We Run, 6 pages

Part 1: Disciplines of Faith

1. Embrace Your Purpose, 8 pages
2. Renew Your Mind, 9 pages
3. Know Your Doctrine, 7 pages
4. Practice Your Devotion, 8 pages

Week 2: Mon 8/10 – Sun 8/16

5. Prioritize Your Church, 7 pages

6. Maintain Your Vigilance, 7 pages

Part 2: Disciplines of Life

7. Redeem Your Time, 8 pages
8. Act Your Age, 7 pages
9. Pursue Your Vocation, 8 pages

Week 3: Mon 8/17 – Sun 8/23

10. Master Your Finances, 8 pages

11. Guard Your Health, 8 pages

12. Control Your Sexuality, 9 pages

13. Consider Your Legacy, 9 pages

Week 4: Mon 8/24 – Sun 8/30

Part 3: Disciplines of Relationships

14. Foster Your Friendships, 7 pages

15. Accept Your Leadership, 7 pages

16. Treasure Your Marriage, 8 pages

17. Nurture Your Children, 9 pages

Conclusion: Finish Strong, 5 pages

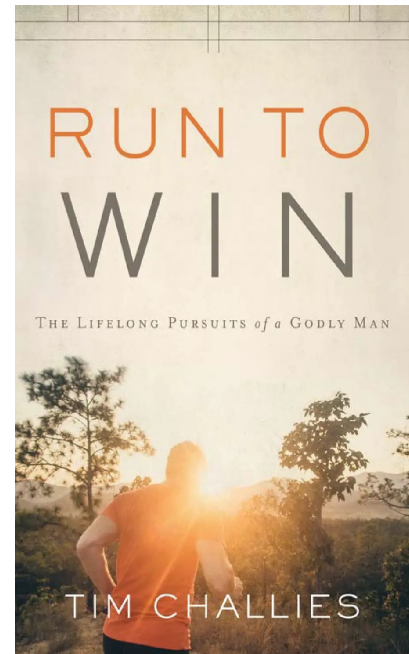
The question is not if you are running but how.”

And then the rest of the book, in 3 parts and 17 chapters, skillfully helps the reader assess his life (race) and by faith run to win and run to finish.

The book is very much focused on younger men, but older men and women will assuredly benefit as well. **I am excited for fathers and older men to use this book as a guide for discipling younger men toward discipline and faithfulness in godliness.** It is appropriate for individual reading, family daily devotions, smallgroup study, or discipleship.

Honestly, even though the book is written for young men, I truly believe that in this race of faith, this pursuit of godliness, men and women of all ages will benefit. I heartily recommend all of Grace Bible to

read *Run to Win* this August. It will only take you 5 pages a day to finish in a month. It's worth it; I promise. *Jacob Hantla, Pastor/Elder*



QUOTES

Paul is saying that just as self-control is essential to victory in athletics, it is essential to victory in the Christian life. Good intentions will not carry Christians to victory, half-hearted effort will bring no reward, lack of discipline will lead only to disqualification. (7)

You've got just one life to live, one race to run. So live it with all your might, and run to win! (12)

Your church needs you to be holy, to see a believer who has been set free from sin and who is committed to their good. Your neighborhood needs you to be holy, to see a man who has been utterly transformed by Jesus and who now puts aside anything that might hinder the gospel of Jesus. If you have a family, they need you to be holy, to see a husband and father who models what it means to be a mature Christian man. (17)

If you are a Christian man, you are called to something different, something better, something far more challenging and far more satisfying. You are called to godliness. You are called to renounce anything that would hinder you in your race and to embrace a lifelong pursuit of knowing Jesus. (22)

Which has more of an influence over your mind: the sports page of the newspaper or the Word of God? Where do you find yourself more often: sitting on the couch watching television or bowing on your knees in prayer over the Word? Over a lifetime of commitment to God's Word, you gain new wisdom to replace old foolishness, and you gain godly desires to replace satanic longings. The sins that once fueled your imagination and motivated your actions begin to lose their power and are displaced by virtues that motivate good to others and bring glory to God. Your eyes stop their lusting because your mind is now filled with love; your mouth stops its cursing because your mind is now filled with joy; your hands stop their stealing because you are convinced you can be as content with little as with much. Such transformed lives begin with transformed minds, for your body always obeys your brain. (pp. 26-27)