



How Do We Develop Endurance?

Romans 5:3-4: (NASB) ³*And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; ⁴and perseverance, proven character; and proven character, hope...*



Life has become quick and easy - think about it: we have instant coffee, instant oatmeal, Instagram, Instant Messenger, fast food, Jiffy Lube and "while-you-wait" service. We can instantly see our photos, instantly send and receive our mail, instantly buy or sell online and instantly see 75 different versions of what is happening in the world. We think that in many ways we have forgotten what it is like to work for something - to toil, to engage and to fight through adversity for the sake of something that is not instant.

We are talking about endurance - we have forgotten the absolute and almost miraculous sustaining power of endurance! What is endurance? How can we get some?

Merriam Webster:

endurance: noun

1. permanence, duration <the endurance of the play's importance>
2. the ability to withstand hardship or adversity; especially the ability to sustain a prolonged stressful effort or activity <a marathon runner's endurance>
3. the act or an instance of enduring or suffering <endurance of many hardships>

perseverance: noun

continued effort to do or achieve something despite difficulties, failure, or opposition; the action or condition or an instance of persevering: steadfastness



Long process, *How to Build Endurance*, livestrong.com

- *Hi, my name is Tim Boyland. Today we're going to talk about how to build endurance. We could also call this "how to go the distance." Building endurance is definitely a slow, gradual process. Building endurance can mean a lot of things to different people. Endurance can be to be able to run five miles, or ten miles, or twenty miles, whatever it might be to you but really the process in getting to the place where you can run extended miles is going to be a slow, gradual process.*

One does not just wake up one day with endurance - real, life-changing endurance is a step-by-step process.

What role does endurance play in the life of a Christian?

Romans 5:1-5: (NASB) ¹*Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, (Simple fact: justification brings peace with God) ²through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. (Another fact: God's peace brings His grace, which means unmerited favor. These facts now enable our hearts to engage.) ³And not only this, but we also exult in our tribulations, knowing that tribulation brings about **perseverance <5281>**; ⁴and **perseverance <5281>**, proven character; and proven character, hope; ⁵and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.*

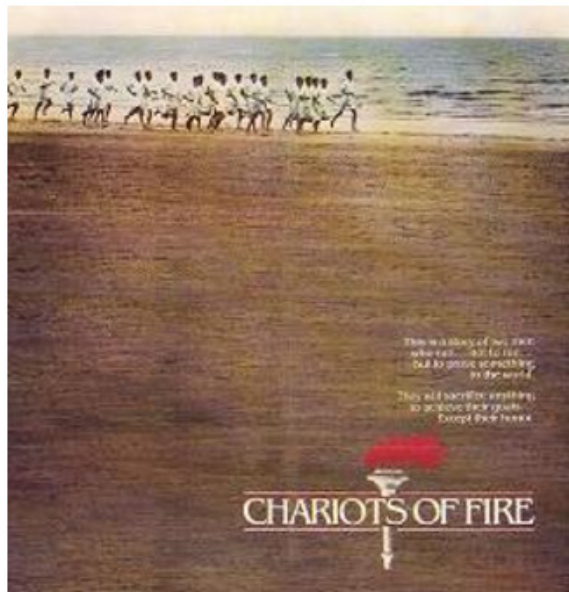


Perseverance: Strong's #5281 cheerful (or hopeful) endurance, constancy
KJV - enduring, patience, patient continuance, waiting. Often translated "patience."

By using the English word *patience*, we miss an important part of what was meant in the original Greek - *cheerful endurance*. Cheerful endurance has not only the sense of accepting whatever the issue is but with a positive outlook. The difficulties are viewed through the lens of God's positive overruling - how can this experience help me to be more Christ-like?

Another Greek word is used for *perseverance* in some places:

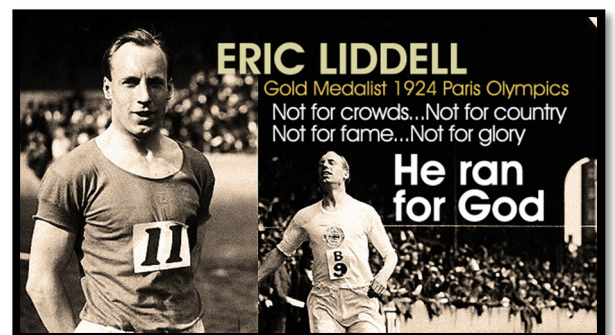
Perseverance: Strong's #5278 to stay under (behind), i.e. remain; figuratively, to undergo, i.e. bear (trials), have fortitude, persevere



Chariots of Fire is a 1981 British historical drama film. It tells the fact-based story of two athletes in the 1924 Olympics: Eric Liddell, a devout Scottish Christian who runs for the glory of God, and Harold Abrahams, an English Jew who runs to overcome prejudice.

🔊 He also made me fast, *Chariots of Fire*, movie (1981)

- (Eric Liddell) So, where does the power come from to see the race 'till its end? From within.
(Spectators cheering)
Jenny, I believe God made me for a purpose. He also made me fast.
When I run, I feel His pleasure.



To live with endurance/perseverance is a head and heart decision. To truly endure we must first have a clear intellectual perception of the "why" of our need for endurance. Second, we must also have a heart that is fully committed to that "why," a heart that willingly pours itself out because of that "why." The "how" of our endurance will come once these two elements are firmly in place. With endurance, our lives can be elevated to a higher level, one that is much more God-honoring.



What kinds of experiences stimulate the building up of endurance in our characters?

James 1:2-4: (NASB) ²*Consider it all joy, my brethren, when you encounter various trials, ³knowing that the testing of your faith produces **endurance** <5281>. ⁴And let **endurance** <5281> have its perfect result, so that you may be perfect and complete, lacking in nothing.*

Remember, the word *endurance* here has the added feature of cheerful endurance. Our trials and difficulties in life brought on by the circumstances of our humanness beg for endurance, for it is in these very experiences that we must as Christians realize the reality of our faith with a long term, endurance-based approach.

Eric Liddell gave a sermon on the Sunday he was supposed to race in the 1924 Olympics:

🔊) **God faints not, *Chariots of Fire*, movie (1981)**

- (Liddell) My text this afternoon is taken from Isaiah 40: "*Behold the nations are as a drop in a bucket and are counted as a small dust in the balance. All nations before Him are as nothing. They are counted to Him as less than nothing and vanity. He bringeth the princes to nothing. He maketh the judges of the earth as a vanity. Has thou not known? Has thou not heard that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not neither is weary.*"



He stood up for his beliefs (he felt he should not run on Sundays, as that was a day of rest for the Lord, and his Olympic event was being run on a Sunday) instead of bending to political pressure.

Hebrews 12:11: *All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.*



What are the reasons for our trials and afflictions?

Hebrews 12:7-13: (NASB) ⁷*It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline? ⁸But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons...He disciplines us for our good, so that we may share His holiness. ¹¹All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness. ¹²Therefore, strengthen the hands that are weak and the knees that are feeble, ¹³and make straight paths for your feet, so that the limb, which is lame, may not be put out of joint, but rather be healed.*

We need a positive outlook in order to continue on.



A perspective through which we can see our trials and afflictions as tools:

2 Corinthians 4:16-18: (NASB) ¹⁶Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. (So, it is all good - even if it doesn't look that way!) ¹⁷For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, ¹⁸while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.



We need to view our experiences from the standpoint of our ultimate eternal good.

The results of our trials and afflictions - as long as we apply endurance:

James 1:12: (NASB) ¹²Blessed is a man who **perseveres under <5278>** trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

Carry that developmental weight of experience until we complete it according to God's standard!

Summing up our endurance through trial and affliction:



1 Corinthians 9:24-27: (NASB) ²⁴Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. ²⁵Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. ²⁶Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; ²⁷but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

Run to win means you know why you are running. Self-control is an outgrowth of knowing and embracing the "why." Fighting to win through self-discipline is an intense, "do it now" picture.

The Scriptures use expressive language to focus us on endurance. The idea of running a race or fighting with an objective are all pictures that show us cheerful endurance and the ability to stay under the weight of the experience. This helps us move forward and upward!



Rick's "WHY?" It is to HONOR GOD! "If what I'm doing at any point in my life is not fulfilling those two words, I ask myself, 'why am I doing that?' It is a simple way to put things in a bigger perspective."

What is YOUR "why?"



If we are developing endurance, does that mean something like persecution is good for you?



A caller from Missouri asks, in the midst of trial and conflict when I throw everything at the Lord's feet, how do I discern the turning point? Where do I start to act? By the way, my "Why" is He called me. He brought me to Him. Now my big trial is to be able to receive Him and let Him be more and more in my life to guide me.

When do we take action and when do we wait? A lot of it has to do with scriptural principle. If we are acting out of reaction, we might need to pause and consider as our emotions come into play:

Be:
*quick to listen,
slow to speak,
slow to anger*
James 1:19

We want to formulate our response based on scriptural principle and what Jesus would have done rather than just reacting back.

The reaction does not build endurance. Christ-likeness builds endurance.

Sometimes the Lord will make the timing more clear but we have to be sensitive to His providential overrulings.

Hebrews 12:3-4: (NASB) ³For consider him who has **endured** <5278> such hostility by sinners against himself, so that you will not grow weary and lose heart. ⁴You have not yet resisted to the point of shedding blood in your striving against sin.

Wherever and whenever there is persecution, it creates by virtue of its mere presence, a crossroads. We can go down the road of caving into persecution's pressure or choose the high road of principled endurance.



))) **Watch out for Liddell, *Chariots of Fire*, movie (1981)** (Pressure did not sway his conscience. He prepared to run an alternate 400-meter race on another day.)

- *What's the deal with this guy Liddell, Coach? Is he a problem?*
- *(Coach) No problem. He's a flyer. He's had two races today already. He'll die. Just swing along, you guys, and wait. After three hundred meters, rigor mortis sets in, you'll pull him in on a rope.*
- *(Jackson Schultz, an American) Good luck, Taylor. Watch out for Liddell.*
- *Coach says no problem...?*
- *(Jackson Schultz, an American) He's got something to prove, something personal, something guys like Coach will never understand in a million years.*

1 Peter 3:13-17: (NASB) ¹³*Who is there to harm you if you prove zealous for what is good?*
¹⁴*But even if you should suffer for the sake of righteousness, you are blessed.*

Persecution - for the right reasons - brings blessings.

And do not fear their intimidation, and do not be troubled, ¹⁵but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;

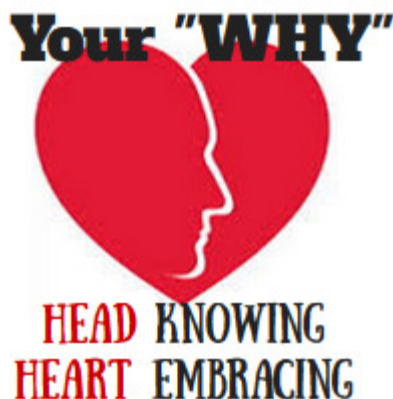
The secret for blessings from persecution lies in what our deepest focus sees. What is our deepest focus looking at? If it is Christ, then we will always be ready to answer - and not just answer - but answer with a spiritual mind. Set him apart as the centerpiece of focus from all the noise and distraction around you.

¹⁶*and keep a good conscience so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put to shame. ¹⁷For it is better, if God should will it so, that you suffer for doing what is right rather than for doing what is wrong.*

Just because we may be able to represent Christ and even "win" when falsely accused does not mean our conscience is on autopilot. Persecution can spur retaliation if we are not focused.

Persecution can and often does come from those who are close to us - those whose influence is important:

Luke 21:16-19: (NASB) ¹⁶*But you will be betrayed even by parents and brothers and relatives and friends, and they will put some of you to death, ¹⁷and you will be hated by all because of my name. ¹⁸Yet not a hair of your head will perish. ¹⁹By **your endurance <5281>** you will gain your lives.*



Because persecution is difficult, we are constantly reminded of what enduring it produces:

Matthew 5:10-12: (NASB) ¹⁰*Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven. ¹¹Blessed are you when people insult you and persecute you, and falsely say all kinds of evil against you because of me. ¹²Rejoice and be glad, for your reward in heaven is great; for in the same way they persecuted the prophets who were before you.*

It is a fight! Our endurance finds its nourishment in the strength of God! How can we remain faithful? We have to find our "why." Remember, that is something in your head that you bring to your heart. Once your heart embraces it, you have a powerful force.



Ephesians 6:10-13: (NASB) ¹⁰Finally, be strong in the Lord **and in the strength of His might.** ¹¹Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. ¹²For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. ¹³Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.

We are not just fighting against another person - it is much bigger than that. There are spiritual forces of wickedness - in places of authority and power - all around us. Even spirituality has been corrupted under Satan's rule. If these forces are against what Christianity stands for, we have a choice to make. Are we going to stand and endure for the sake of Christ?



Christian endurance is the ability to withstand hardship and adversity with cheerfulness. It is the practice of standing up under the weight of circumstance, evil and opposition with an undying hope that is founded and grounded in Christ, his sacrifice and the mission he gave us to follow him.

 **Woe to them who are at ease, *The Race of Faith, John MacArthur***

- *Thinking about running a race, the assumption here is that the runner does whatever he needs to do to be in the shape that he needs to be in to endure the race to the very end. It will demand every ounce of energy, and it will demand discipline and training if you're going to run to really win. Amos said, "Woe to them that are at ease." Amos 6:1. This is a race. There is no place for standing still or walking slowly. This is a race and it is an agony. It is an agonizing, relentless event.*

The erroneous concept of "once saved, always saved," would not be motivating, leading to becoming complacent or lukewarm. There is a danger in that thinking.

recap
recap

We have seen Christian endurance developed in trial and affliction:

1 Corinthians 10:12-13: (NASB) ¹²Therefore let him who thinks he stands take heed that he does not fall. ¹³No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.



We have seen Christian endurance developed through persecution:

John 16:31-33: (NASB) ³¹Jesus answered them, "Do you now believe? ³²Behold, an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave me alone; and yet I am not alone, because the Father is with me. ³³These things I have spoken to you, so that in me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

Let's examine another area that truly develops Christian endurance. The deeper we live in this area, the deeper our endurance...we are talking about loyalty!



Loyal: unswerving in allegiance: as

a: faithful in allegiance to one's lawful sovereign or government

b: faithful to a private person to whom fidelity is due

c: faithful to a cause, ideal, custom, institution, or product

Where there is loyalty there must by definition be endurance:

2 Corinthians 6:4-10: (NASB) ⁴but in everything commending ourselves as servants of God, in much **endurance** **<5281>**, in afflictions, in hardships, in distresses, ⁵in beatings, in imprisonments, in tumults, in labors, in sleeplessness, in hunger...

Paul's loyalty required deep, **CHEERFUL** endurance in the really hard areas of life...

⁶in purity, in knowledge, in patience, in kindness, in the Holy Spirit, in genuine love, ⁷in the word of truth, in the power of God; by the weapons of righteousness for the right hand and the left...

But Paul's loyalty required deep endurance in the really *blessed* areas of life, to be able to absorb all of that goodness and spirituality to be able to pass it on.

⁸by glory and dishonor, by evil report and good report; regarded as deceivers and yet true; ⁹as unknown yet well-known, as dying yet behold, we live; as punished yet not put to death, ¹⁰as sorrowful yet always rejoicing, as poor yet making many rich, as having nothing yet possessing all things.

Paul's loyalty and endurance reveal the manifold deliverances of one truly devoted to Christ!

Revelation 2:10: (KJV) *be thou faithful unto death, and I will give thee a crown of life.*

 **The Race of faith, Chariots of Fire, movie (1981)** (Leading up to the Olympics, this clip is of Eric racing in Scotland and then delivering a sermon in the rain right after.)

- You came to see a race today, to see someone win. Happens to be me, but I want you to do more than just watch a race. I want you to take part in it. I want to compare faith to running in a race. It's hard, requires concentration of will, energy of soul. You experience elation when the winner breaks the tape, especially if you got a bet on it. But how long does that last? You go home, maybe your dinner is burnt, maybe you haven't got a job, so who am I to say, believe, have faith in the face of life's realities? I would like to give you something more prominent, but I can only point the way.*

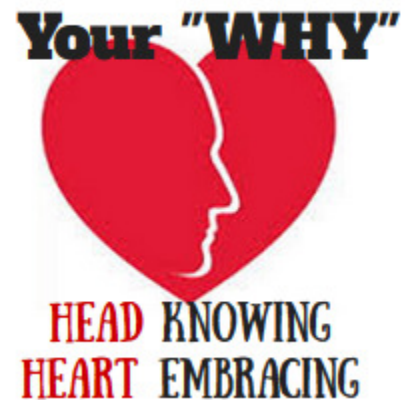


Jonathan's "WHY"

Helping People



Jonathan's "why" is helping others (expecting nothing in return) but giving God the honor and the glory. When he first heard that God's plan was to bless ALL the families of the earth, he knew he would follow God.



What is your "why" and does it genuinely move your heart? You cannot find Christian endurance unless you have both of these things.



How do the Scriptures describe the "game face" of endurance?

"Putting your game face on" means you are serious and ready with intensity and focus.

Jesus himself through prophecy shows us the game face of endurance:

Isaiah 50:5-9: (NASB) ⁵The Lord GOD has opened my ear; and I was not disobedient nor did I turn back. ⁶I gave my back to those who strike me, and my cheeks to those who pluck out the beard; I did not cover my face from humiliation and spitting.



(Source: Biblical commentary by Albert Barnes) *To pluck out the hair, or the beard.* To do this was to offer the highest insult that could be imagined among the Orientals. The beard is suffered to grow long, and is regarded as a mark of honor. Nothing is regarded as more infamous than to cut it off, or to pluck it out.

Jesus subjected himself to the greatest of insults.

⁷For the Lord GOD helps me, Therefore, I am not disgraced; Therefore, I have set my face like flint, and I know that I will not be ashamed.

In whatever dishonor man can give, there is no disgrace for the God-honoring life - therefore I will set my direction to an unalterable course! I will set my face like flint, like stone. There will be no movement from what is most important.

⁸He who vindicates me is near; Who will contend with me? Let us stand up to each other; who has a case against me? Let him draw near to me. ⁹Behold, the Lord GOD helps me; Who is he who condemns me? Behold, they will all wear out like a garment; the moth will eat them.

All falsehood - no matter how powerful - cannot stand against eternal truth and righteousness!

The straight race, *Chariots of Fire*, movie (1981)

- I have no formula for winning the race. Everyone runs in her own way or his own way. Then where does the power come from to see the race 'till its end? From within. Jesus said, "Behold the kingdom of God is within you. If with all your hearts you truly seek me, you shall forever surely find me." If you commit yourself to the love of Christ then that is how you run a straight race.*



Liddell used his physical talent to draw people to a higher way. That is a good example of how we should live our lives. We should take our talents and abilities and use them to bring honor and glory to God. He ran not to win for the applause; but so that he could use his running to bring people to God.



The many faces of endurance:

2 Timothy 2:2-7: (NASB) ²*The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also.* ³*Suffer hardship with me, as a good soldier of Christ Jesus.* ⁴*No soldier in active service entangles himself in the affairs of everyday life, so that he may please the one who enlisted him as a soldier.*



The face of a soldier is the face of one sworn to duty for a cause for which he is willing to die. Sometimes the only way to get through pain is to embrace it. When we apply that for the sake of Christ, we can glorify God through Christ.

⁵*Also if anyone competes as an athlete, he does not win the prize unless he competes according to the rules.*

The face of an athlete is the face of discipline and focus, it is the face of training to compete and win.

⁶*The hard-working farmer ought to be the first to receive his share of the crops.* ⁷*Consider what I say, for the Lord will give you understanding in everything.*

The face of the farmer is the face of patience, knowledge, hard work and consistency. It is the face of steady discipline and compassion.

The face of the Apostle Paul is the face of loyalty, example, hardship and victory:

2 Timothy 2:10-13: (NASB) ¹⁰*For this reason I **endure <5278>** all things for the sake of those who are chosen, so that they also may obtain the salvation which is in Christ Jesus and with it eternal glory. (Loyalty to God and the brotherhood)* ¹¹*It is a trustworthy statement: For if we died with him, we will also live with him;* ¹²*If we **endure <5278>**, we will also reign with him; If we deny him, he also will deny us;* ¹³*If we are faithless, he remains faithful, for he cannot deny himself.*

Our endurance can only breed victory if we keep it focused on God above. Our example to those fellow soldiers walking in Christ is important. If we show endurance, that can help encourage them on their own walk.

Okay, so we need endurance! Where do we find the strength to get it?



Our brethren in Christ: Christianity is referred to as the *body of Christ*. One part supports the other. Are you in a position where you can provide inspiration for others and help lift them up and honor God? Take what you have been given and give it to others. What is "in your hand?" What are your talents and abilities that can be used in the Lord's service?

Look to the Old Testament:

Hebrews 12:1-2: (NASB) ¹*Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,*

A great cloud of witnesses = these are the faithful in the Old Testament described throughout chapter 11. We have the examples of the ancients to show us overcoming in so many difficult circumstances. This is why



Christianity needs the Old Testament. It gives us strength to add to the New Testament. These are the people who would have inspired Jesus. He knew the Old Testament very well.

²fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

We have the example of Jesus, the author of our faith:

- He embraced the joy of God before him.
- This joy carried him through the horror of the cross.
- This joy made light of the utter human shame put upon him.
- This joy delivered him to the right hand of the throne of God!

Jesus was loyal - PERIOD! He had no option in his mind and heart than to give honor to his heavenly Father.

Finally, look up! We have help from above.

 **Wings as eagles, *Chariots of Fire*, movie (1981)**

- *He giveth power to the faint and to them that have no strength. He increaseth might but they that wait upon the Lord shall renew their strength. They shall mount up with wings as an eagle's. They shall run and not be weary and they shall walk and not faint.*



Isaiah 40:26-31: (NASB) ²⁶Lift up your eyes on high and see who has created these stars, the One who leads forth their host by number, He calls them all by name; Because of the greatness of His might and the strength of His power, not one of them is missing.

*Look UP to Him who is truly
mighty and acknowledge
His power and wisdom!*



²⁷Why do you say, O Jacob, and assert, O Israel, My way is hidden from the LORD, and the justice due me escapes the notice of my God? ²⁸Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable.



***Know the source of your
ultimate strength!***

***Realize that His understanding,
His way and His endurance
are eternal.***



***Believe He is an endless
power source compared to those
in the prime of life and to those
who are mighty in the eyes of men!
God opens us up to
spiritual endurance.***

*²⁹He gives strength to the weary, and to him who lacks might
He increases power. ³⁰Though youths grow weary and tired,
and vigorous young men stumble badly,*

***Even the best of us eventually run out of energy
and do not want to continue. God is not in that
category.***



Eric's Theme, Chariots of Fire (1981), Vangelis



³¹Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.



*Trade in your old source
of strength and put on
HIS strength HIS endurance –
for it is only then that we can
mount up with wings
and not become weary!*

Romans 8:37-39: (NASB) ³⁷But in all these things we overwhelmingly conquer through Him who loved us. ³⁸For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

The strength we should be running with as true footstep followers of Christ is not ours! Endurance means having our loyalty set above, inspiring us to rise above. Nothing can separate us from the love of God and Jesus. Set your face like flint and run the race of the high calling!

*So, how do we develop endurance?
For Jonathan and Rick and Christian Questions...
Think about it...!*

*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*



Endurance at the beginning:

Luke 4:1-13: (NASB) ¹Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness ²for forty days, being tempted by the devil. And he ate nothing during those days, and when they had ended, He became hungry. ³And the devil said to him, if you are the Son of God, tell this stone to become bread. ⁴And Jesus answered him, It is written, MAN SHALL NOT LIVE ON BREAD ALONE. ⁵And he led him up and showed him all the kingdoms of the world in a moment of time. ⁶And the devil said to him, I will give you all this domain and its glory; for it has been handed over to me, and I give it to whomever I wish. ⁷Therefore if you worship before me, it shall all be yours. ⁸Jesus answered him, it is written, YOU SHALL WORSHIP THE LORD YOUR GOD AND SERVE HIM ONLY. ⁹And he led him to Jerusalem



and had him stand on the pinnacle of the temple, and said to him, If You are the Son of God, throw yourself down from here; ¹⁰for it is written, HE WILL COMMAND HIS ANGELS CONCERNING YOU TO GUARD YOU, ¹¹and, ON their HANDS THEY WILL BEAR YOU UP, SO THAT YOU WILL NOT STRIKE YOUR FOOT AGAINST A STONE. ¹²And Jesus answered and said to him, It is said, YOU SHALL NOT PUT THE LORD YOUR GOD TO THE TEST. ¹³When the devil had finished every temptation; he left him until an opportune time.

Endurance through the battle as a body:

Philippians 1:27-30: (NASB) ²⁷Only conduct yourselves in a manner worthy of the gospel of Christ, so that whether I come and see you or remain absent, I will hear of you that you are standing firm in one spirit, with one mind striving together for the faith of the gospel; ²⁸in no way alarmed by your opponents—which is a sign of destruction for them, but of salvation for you, and that too, from God. ²⁹For to you it has been granted for Christ's sake, not only to believe in Him, but also to suffer for his sake, ³⁰experiencing the same conflict which you saw in me, and now hear to be in me.

Endurance over the long haul:

2 Corinthians 11:21-30: (NASB) ²¹To my shame I must say that we have been weak by comparison. But in whatever respect anyone else is bold—I speak in foolishness—I am just as bold myself. ²²Are they Hebrews? So am I. Are they Israelites? So am I. Are they descendants of Abraham? So am I. ²³Are they servants of Christ? —I speak as if insane—I more so; in far more labors, in far more imprisonments, beaten times without number, often in danger of death. ²⁴Five times I received from the Jews thirty-nine lashes. ²⁵Three times I was beaten with rods, once I was stoned, three times I was shipwrecked, a night and a day I have spent in the deep. ²⁶I have been on frequent journeys, in dangers from rivers, dangers from robbers, dangers from my countrymen, dangers from the Gentiles, dangers in the city, dangers in the wilderness, dangers on the sea, dangers among false brethren; ²⁷I have been in labor and hardship, through many sleepless nights, in hunger and thirst, often without food, in cold and exposure. ²⁸Apart from such external things, there is the daily pressure on me of concern for all the churches. ²⁹Who is weak without my being weak? Who is led into sin without my intense concern? ³⁰If I have to boast, I will boast of what pertains to my weakness.

Endurance in suffering:

Acts 5:40-42: (NASB) ⁴⁰They took his advice; and after calling the apostles in, they flogged them and ordered them not to speak in the name of Jesus, and then released them. ⁴¹So they went on their way from the presence of the Council, rejoicing that they had been considered worthy to suffer shame for His name. ⁴²And every day, in the temple and from house to house, they kept right on teaching and preaching Jesus as the Christ.

Endurance to the end:

Philippians 2:12-18: (NASB) ¹²So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; ¹³for it is God who is at work in you, both to will and to work for His good pleasure. ¹⁴Do all things without grumbling or disputing; ¹⁵so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world, ¹⁶holding fast the word of life, so that in the day of Christ I will have reason to glory because I did not run in vain nor toil in vain. ¹⁷But even if I am being poured out as a drink offering upon the sacrifice and service of your faith, I rejoice and share my joy with you all. ¹⁸You too, I urge you, rejoice in the same way and share your joy with me.



More details on the real people behind the *Chariots of Fire* movie:

(Source: Wikipedia) Eric Henry Liddell (16 January 1902 - 21 February 1945) was a Scottish athlete, rugby union international player, and missionary, who was forced to choose between his religious beliefs and competing in an Olympic race.

After refusing to run in the heats on a Sunday, for his favored distance, men's 100 metres, Liddell could still compete in the men's 400 metres at the 1924 Summer Olympics in Paris, which he won. He returned to China in 1925 to serve as a missionary teacher. Aside from two furloughs in Scotland, he remained in China until his 1945 death in a Japanese civilian internment camp.

Liddell's Olympic training and racing, and the religious convictions that influenced him, are depicted in the Oscar-winning 1981 film *Chariots of Fire*, in which fellow Scot Ian Charleson portrays him.

The 1924 Summer Olympics were hosted by the city of Paris. A devout Christian, Liddell refused to run in a heat held on Sunday (the Christian Sabbath) and was forced to withdraw from the 100-metres race, his best event. The schedule had been published several months earlier, and his decision was made well before the Games. Liddell spent the intervening months training for the 400 metres, though his best pre-Olympics time of 49.6 seconds, set in winning the 1924 AAA championship 440 yards, was modest by international standards. When the day of the Olympic 400 metres final came, July 11, 1924, Liddell went to the starting blocks, where an American Olympic Team masseur slipped a piece of paper into his hand with a quotation from 1 Samuel 2:30: "Those who honor me I will honor."

The pipe band of the 51st Highland Brigade played outside the stadium for the hour before he ran. The 400 metres had been considered a middle-distance event in which runners raced round the first bend and coasted through the back leg. Inspired by the biblical message, and deprived of a view of the other runners because he drew the outside lane, Liddell raced the whole of the first 200 metres to be well clear of the favoured Americans. With little option but to then treat the race as a complete sprint, he continued to race round the final bend. He was challenged all the way down the home straight but held on to take the win. He broke the existing Olympic and world records with a time of 47.6 seconds. It was controversially ratified as a world record, despite it being 0.2 seconds slower than the record for the greater distance of 440 yards.

A few days earlier Liddell had competed in the 200 metre finals, for which he received the bronze medal behind Americans Jackson Scholz and Charles Paddock, beating British rival and teammate Harold Abrahams, who finished in sixth place. This was the second and last race in which these two runners met.

His performance in the 400 metres in Paris stood as a European record for 12 years, until beaten by another British athlete, Godfrey Brown, at the Berlin Olympics in 1936.

A bit about Harold Abrahams, the Jewish-born "other" runner in the movie at the 1924 Olympics:

Harold Maurice Abrahams, CBE, (15 December 1899 - 14 January 1978) was a British track and field athlete. He was Olympic champion in 1924 in the 100 metres sprint, a feat depicted in the 1981 movie *Chariots of Fire*.

A sprinter and long jumper since his youth, he continued to compete in sport while at Cambridge. He earned a place in the 1920 Olympic team, but was eliminated in the



quarter-finals of both the 100 m and 200 m, and finished 20th in the long jump. He was also part of the British relay team that took fourth place in the 4×100 m.

Although Abrahams dominated British long jump and sprint events, after graduating from Cambridge he employed Sam Mussabini, a professional coach, who improved his style and training techniques in preparation for the 1924 Olympics in Paris, France.

For six months, Mussabini at Abrahams's direction emphasized the 100 m, with the 200 m as secondary. Through vigorous training, Abrahams perfected his start, stride and form. One month before the 1924 Games, he set the English record in the long jump 24 feet 2 1/2 inches (7.38 m), a record which stood for the next 32 years. The same day he ran the 100-yard dash in 9.6 seconds, but the time was not submitted as a record because the track was on a slight downhill.

At the 1924 Summer Games, Abrahams won the 100 m in a time of 10.6 seconds, beating all the American favorites, including the 1920 gold-medal winner Charley Paddock. In third place was Arthur Porritt, later Governor-General of New Zealand and Queen's Surgeon. The Paris Olympics 100 m dash took place at 7 p.m. on 7 July 1924, and Abrahams and Porritt dined together at 7 p.m. on 7 July every year thereafter, until Abrahams's death in 1978. Teammate Eric Liddell, the British 100-yard dash record holder at that time, declined to compete in the Paris 100 m as one of the heats for the event was held on a Sunday. Both Liddell and Abrahams competed in the final of the 200 m race, however, with Liddell finishing third and Abrahams sixth. As an opening runner for the 4×100 m team, Abrahams won a second Olympic medal, a silver. He did not compete in the long jump.