

Sungai Way-Subang Methodist Church

Sermon



RUNNING THE *race* WITH ENDURANCE

PS PHUA SENG TIONG | 30 January 2022



Happy Chinese New Year

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**HAPPY
NEW
YEAR**

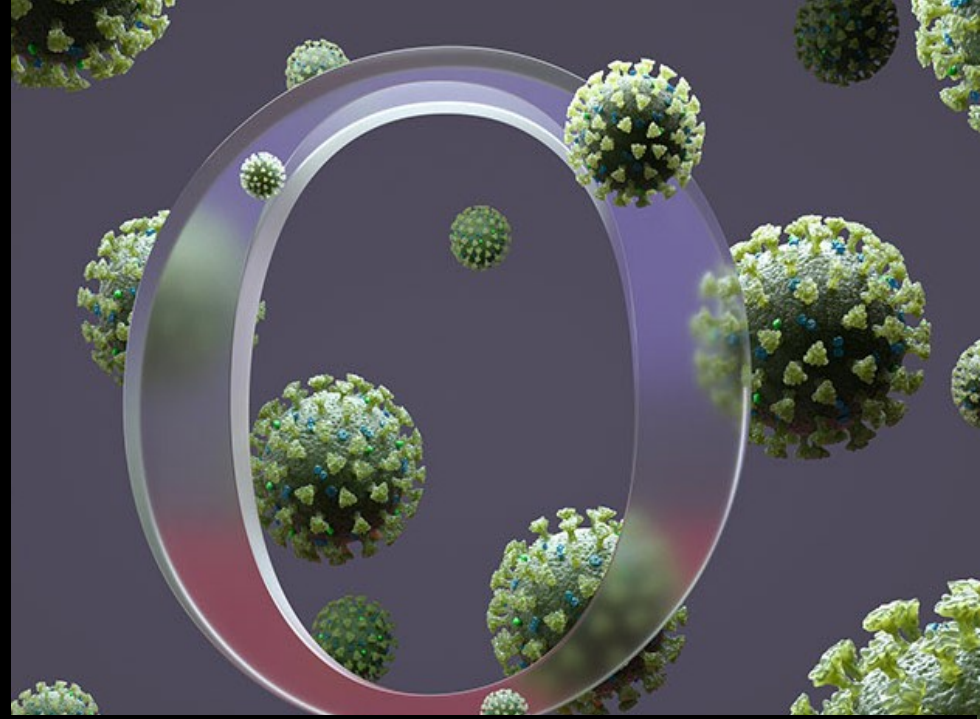
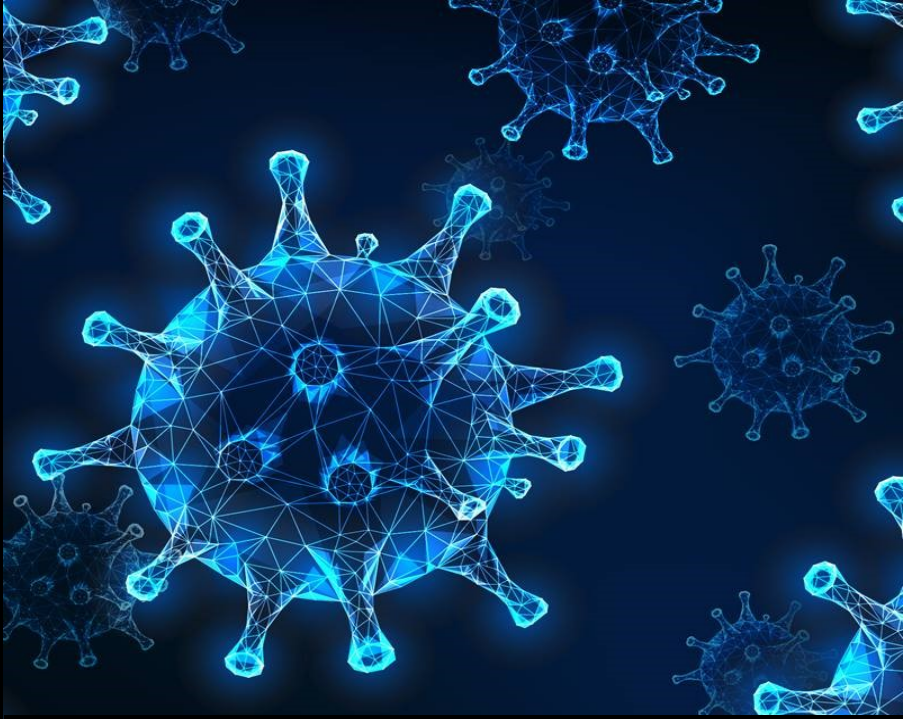
2022

A Year of Hope



Sungai Way-Subang Methodist Church

2021



Omicron appears to be significantly more contagious than delta.

The speed at which omicron is spreading makes it clear that it is much more contagious than delta. Therefore, health officials are urging people to take extra precautions to avoid infection, even if you are vaccinated.

Malaysia floods hit seven states forcing thousands to evacuate

Story by Reuters

🕒 Updated 0244 GMT (1044 HKT) January 3, 2022





KUALA LUMPUR, Jan 22 — The 'Catch Azam Baki' movement, made up of civil societies and political parties organising a peaceful street protest, citing disappointment over the apparent inaction against embattled Malaysian Anti-Corruption Commission (MACC) chief commissioner, Tan Sri Azam Baki.

The movement also chided Azam for refusing to cooperate with the Parliamentary Select Committee (PSC) for Agencies under the Prime Minister's Department on his stock purchasing activities.



Drivers have a lucky escape as road collapses sending five cars crashing into a storm drain in Malaysia landslide
The incident happened in Seri Kembangan, Selangor state, on January 25

A photograph of a person's hands reaching out of the water, splashing, with the text "Is there HOPE?" overlaid. The hands are positioned in the upper left and center of the frame, with water splashing around them. The background is a clear blue sky and the surface of the water. The text is white and centered in the lower half of the image, set against a semi-transparent dark blue background.

Is there HOPE?

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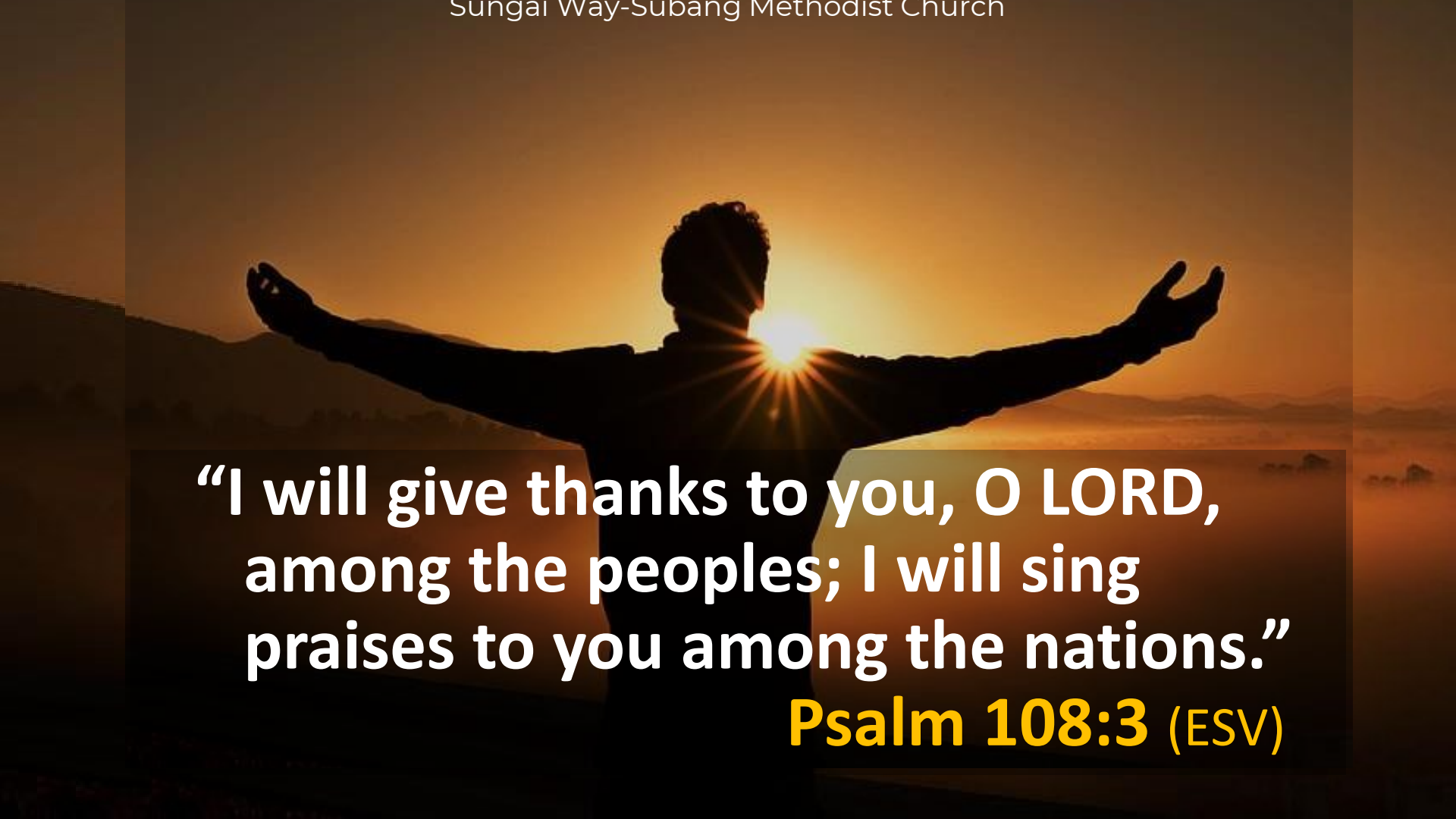
SUDDENLY!

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God is our
refuge & strength,
an ever-present
help in trouble.

Therefore we will not fear.

Psalm 46:1-2

A silhouette of a person with their arms raised in a gesture of praise or worship, set against a bright sunset or sunrise. The sun is low on the horizon, creating a lens flare effect. The background shows a hazy landscape with mountains or hills.

**“I will give thanks to you, O LORD,
among the peoples; I will sing
praises to you among the nations.”**

Psalm 108:3 (ESV)

Romans 8:28

And we know that in all things **God** works for the good of those who love **Him**, who have been called according to **His** purpose.

**“For God is the King
of all the earth, sing to
Him a psalm of praise.
God reigns over the
nations; God is seated
on His holy throne”**

Psalm 47:7-8 (NIV)




A person wearing a blue jacket and a red hat stands on a dark, rocky ridge. The background shows a vast, hazy landscape with rolling hills and a distant body of water under a cloudy sky. A tall, dark rock formation is visible on the left side of the frame.

AND BEHOLD,
I AM WITH YOU *always*
TO THE END OF THE AGE.

- MATTHEW 28:20 -

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**“...yet inwardly
we are being
renewed day
by day”**

2 Corinthians 4:16

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WHAT DOES THE LORD REQUIRE OF YOU?

Micah 6:8


DO JUSTICE - LOVE MERCY - WALK HUMBLLY

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles.


And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart.”

Hebrews 12:1-3



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A person is running away from the camera on a paved road that leads towards a mountain range. The sun is high in the sky, creating a lens flare effect. The road is flanked by greenery and a fence on the right side. The overall scene is bright and clear.

HEBREWS 12:1-2

**LET US RUN WITH ENDURANCE
THE RACE
GOD HAS SET BEFORE US.**

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Hebrews Chapter 11

HEROES

AMAZING STORIES OF FAITH



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A close-up photograph of a person's hands holding an open book. The person is wearing a dark, short-sleeved shirt. The book is open, and the pages are visible. The lighting is soft, highlighting the texture of the paper and the skin of the hands. The background is a plain, light-colored wall.

**WITHOUT FAITH
IT IS IMPOSSIBLE
TO PLEASE GOD**

Hebrews 11:6

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A Marathon Race of Faith

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Psalm 90:10,12 (NIV)

¹⁰ Our days may come to seventy years,
or eighty, if our strength endures;

¹² Teach us to number our days,
that we may gain a heart of wisdom.

Fun

MARATHON FACTS

- The official Olympic marathon distance is **26.2 miles** or **42.195 km**, set in 1921
- The marathon celebrates the legend of Pheidippides, a Greek soldier who ran over **25 miles** from the battle of Marathon to Athens (490BC) with news of victory (but then collapsed and died)
- A typical training period for a marathoner is **22 weeks**, translating to running over 600 miles even before the race.
- The average runner of a marathon burns **3,000 calories** during the race.
- The global average time for a marathon is about **4h:21m**— with men @ 4h:13h, and women @ 4h:42m (record @ **2h:03m:38s**).

A person's legs are shown in motion, running on a dark asphalt road that stretches into the distance. The road has a yellow dashed line down the center. The background is a dramatic sky at sunset or sunrise, with warm orange and yellow light breaking through dark, cloudy skies. On the right side of the image, the letters 'R', 'A', 'C', and 'E' are stacked vertically, rendered in a bold, yellow, flame-like font. The overall mood is energetic and inspiring.

THE

R.

A.

C.

E.

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MARATHON DE MONTPELLIER

“Let us RUN the Race....”

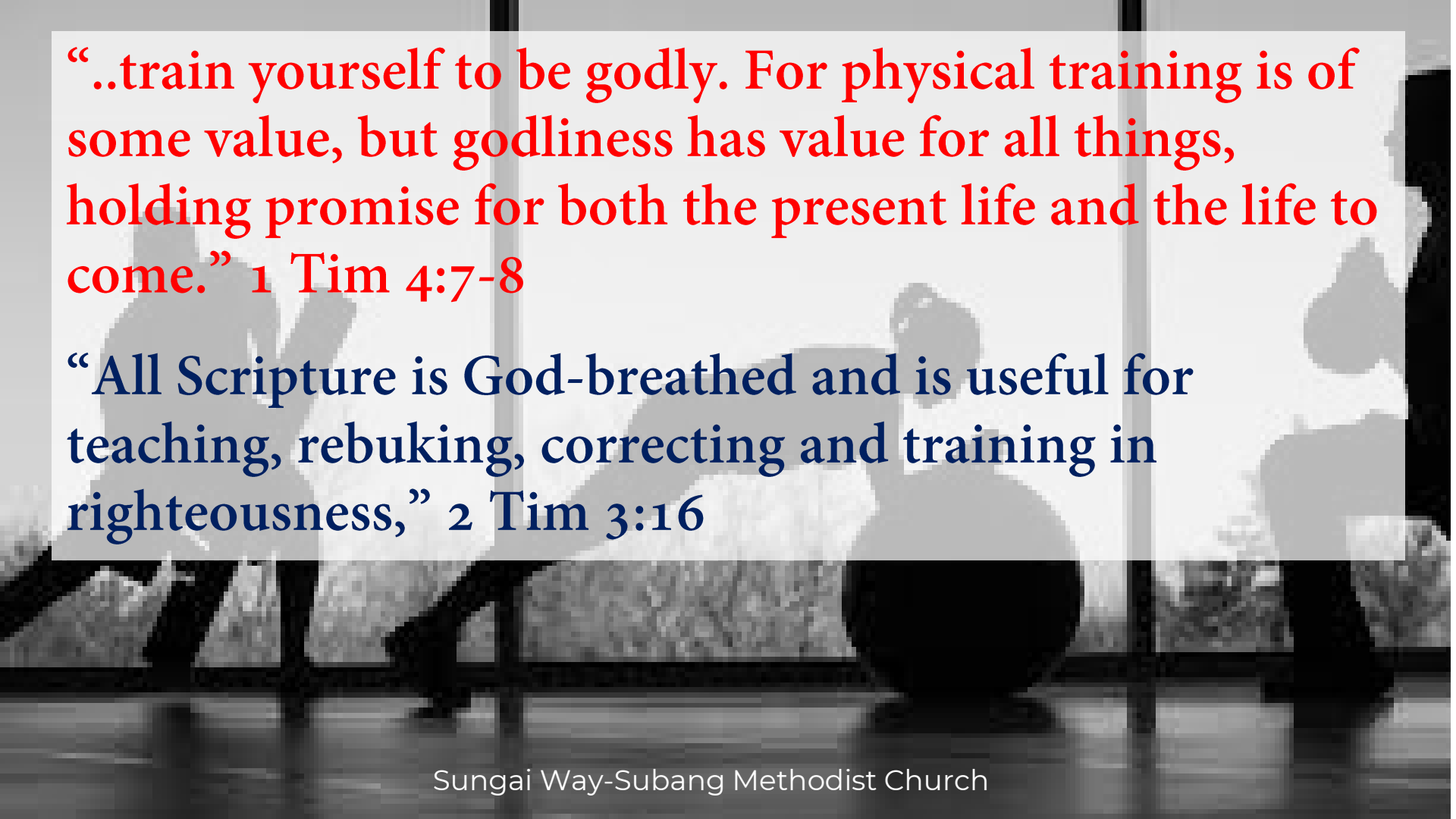
RUN – Training and Readiness



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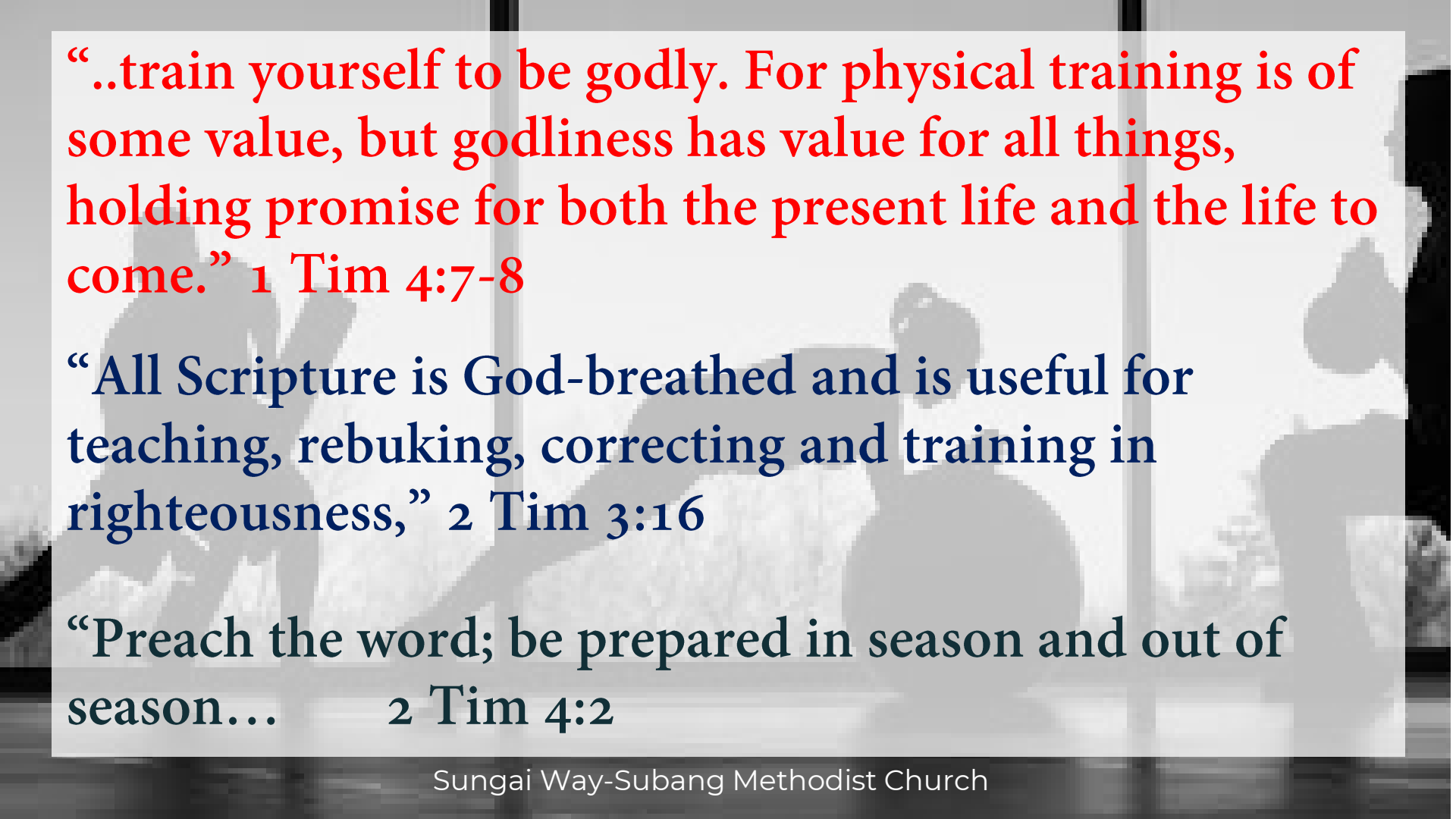
“..train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Tim 4:7-8





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“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,” 2 Tim 3:16



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“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,” 2 Tim 3:16

“Preach the word; be prepared in season and out of season... 2 Tim 4:2



“Let us RUN the Race....”

R un – Training and Readiness
– focus: race marked out for us

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**“Fixing your eyes on Jesus, the
pioneer and perfecter of faith.”
Hebrews 12:2**

Fix your
eyes on
Jesus

Hebrews 12:2

“Fixing your eyes on Jesus, the pioneer and perfecter of faith.”

Hebrews 12:2

“I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord has given me- the task of testifying to the gospel of God’s grace.”

Acts 20:24



“Fixing your eyes on Jesus, the pioneer and perfecter of faith.”

Hebrews 12:2

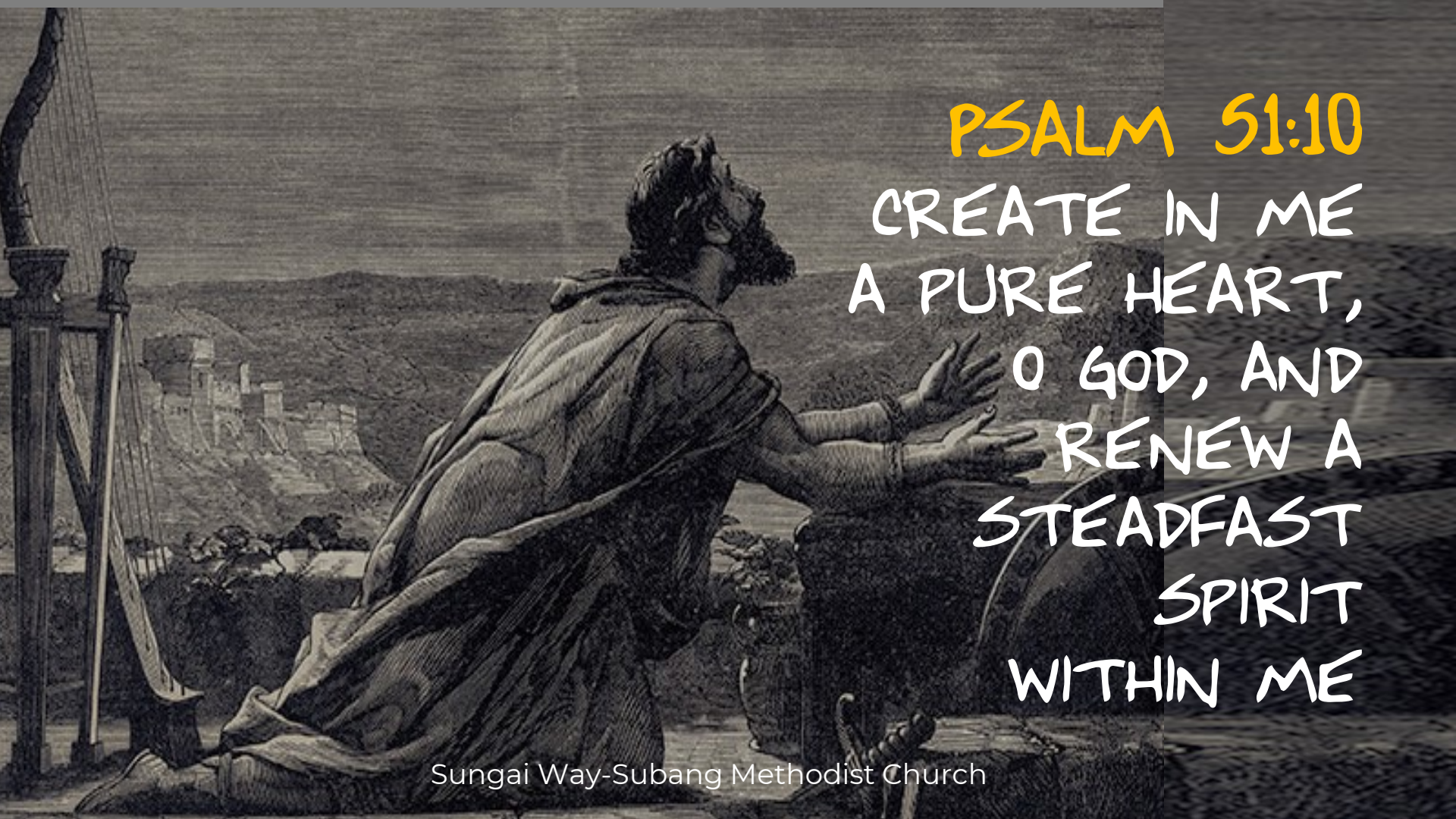
“I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord has given me- the task of testifying to the gospel of God’s grace.”

Acts 20:24

“let us throw off everything that hinders and the sin that so easily entangles”

Hebrews 12:1b





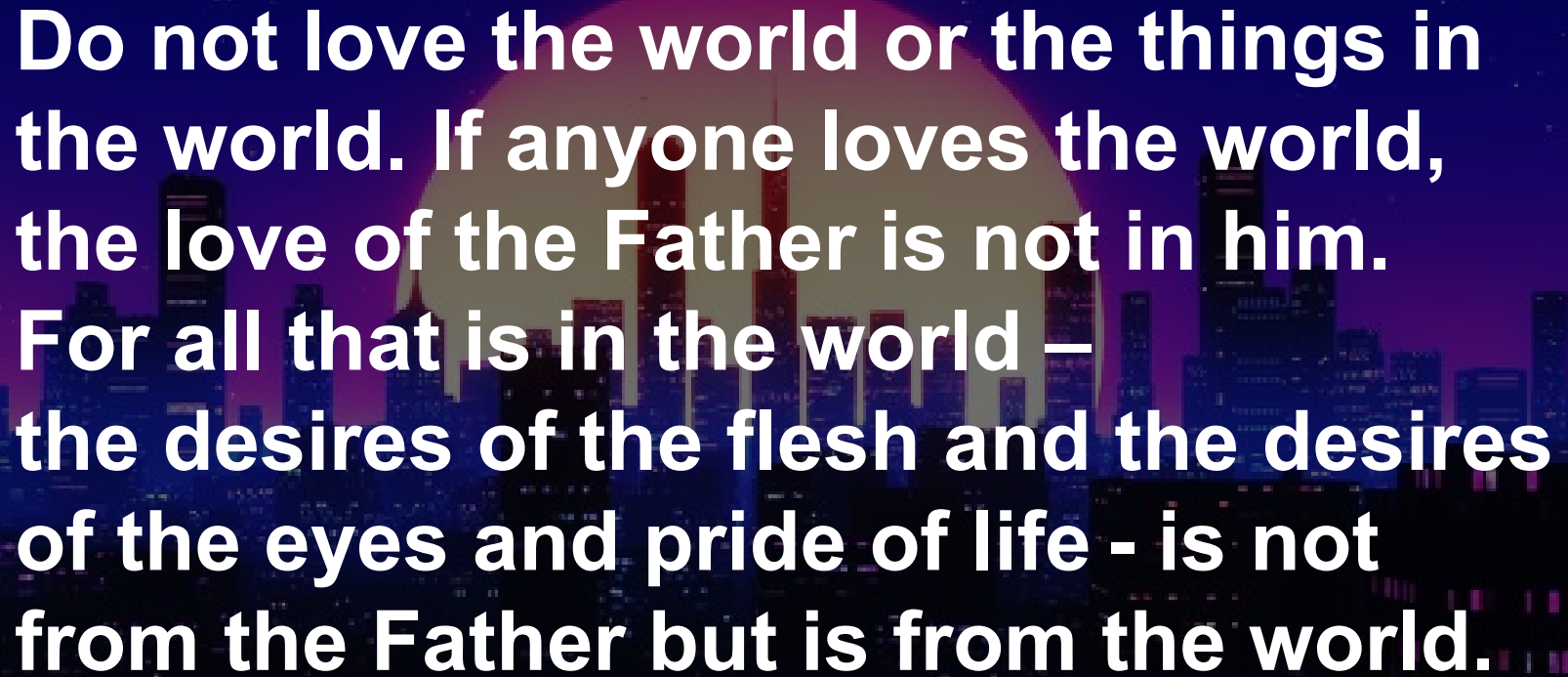
PSALM 51:10

CREATE IN ME
A PURE HEART,
O GOD, AND
RENEW A
STEADFAST
SPIRIT
WITHIN ME



1 John 2:15-16

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Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world – the desires of the flesh and the desires of the eyes and pride of life - is not from the Father but is from the world.

1 John 2:15-16



“Let us RUN the Race....”

Run – Training and Readiness
– focus –marked out for us
– Participate

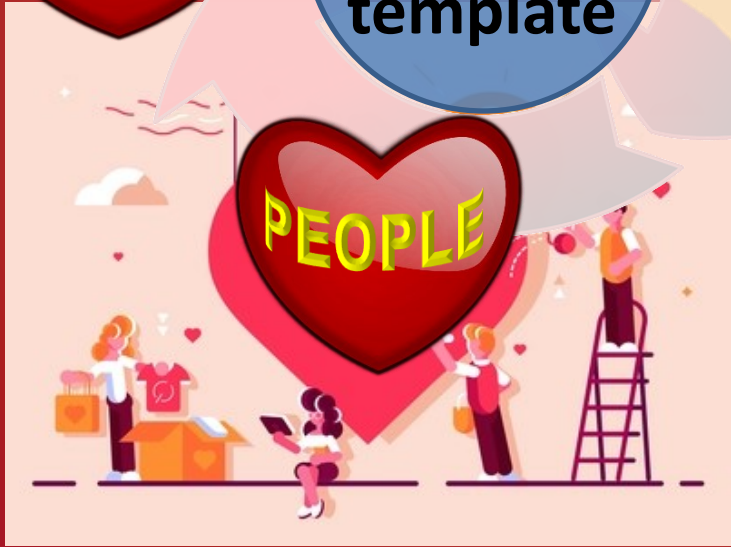
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**MAKE
DISCIPLES**

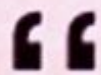
the
**JESUS
template**

GOD



PEOPLE

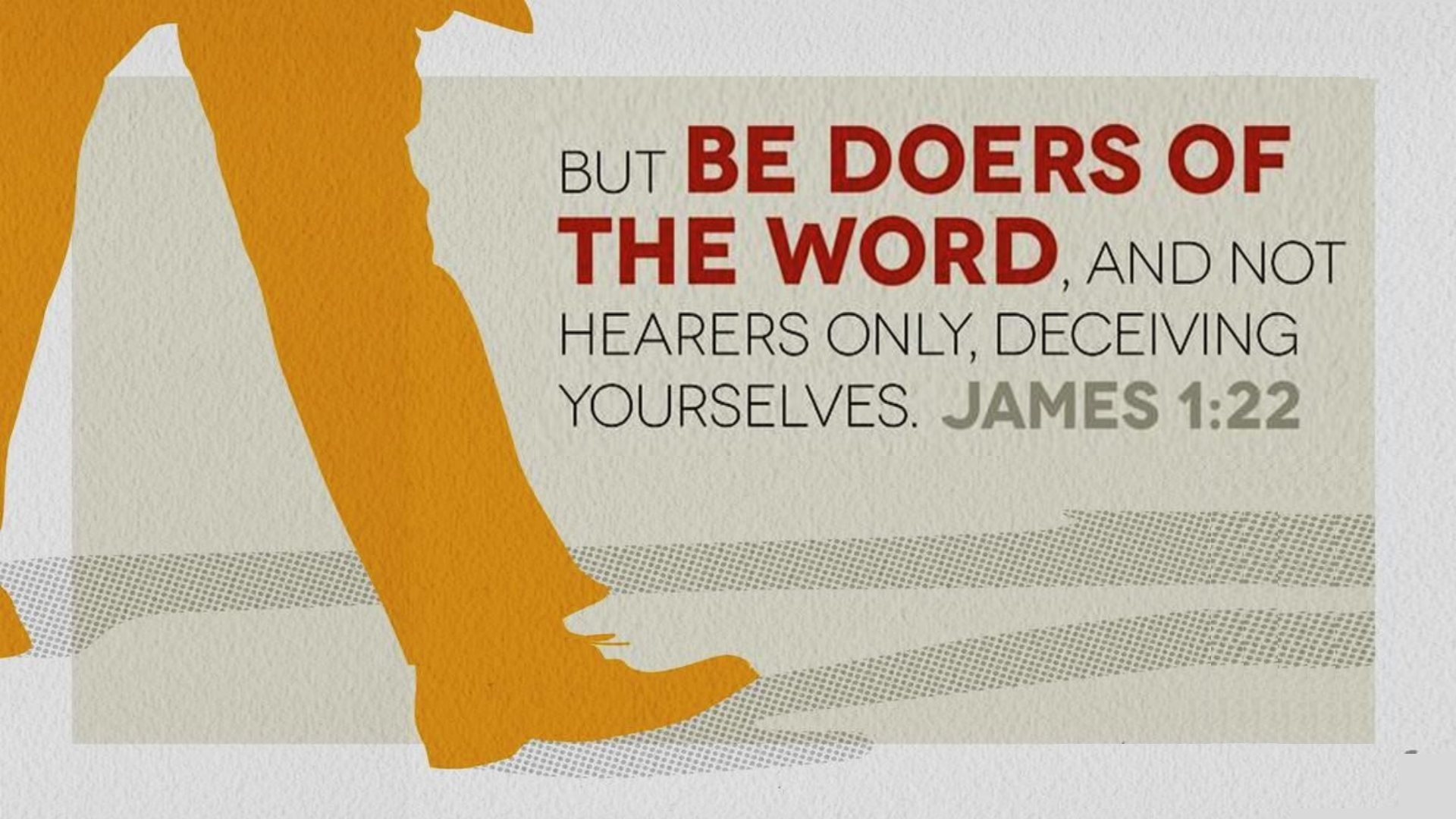
**LOVE GOD.
LOVE PEOPLE,
MAKE DISCIPLES**



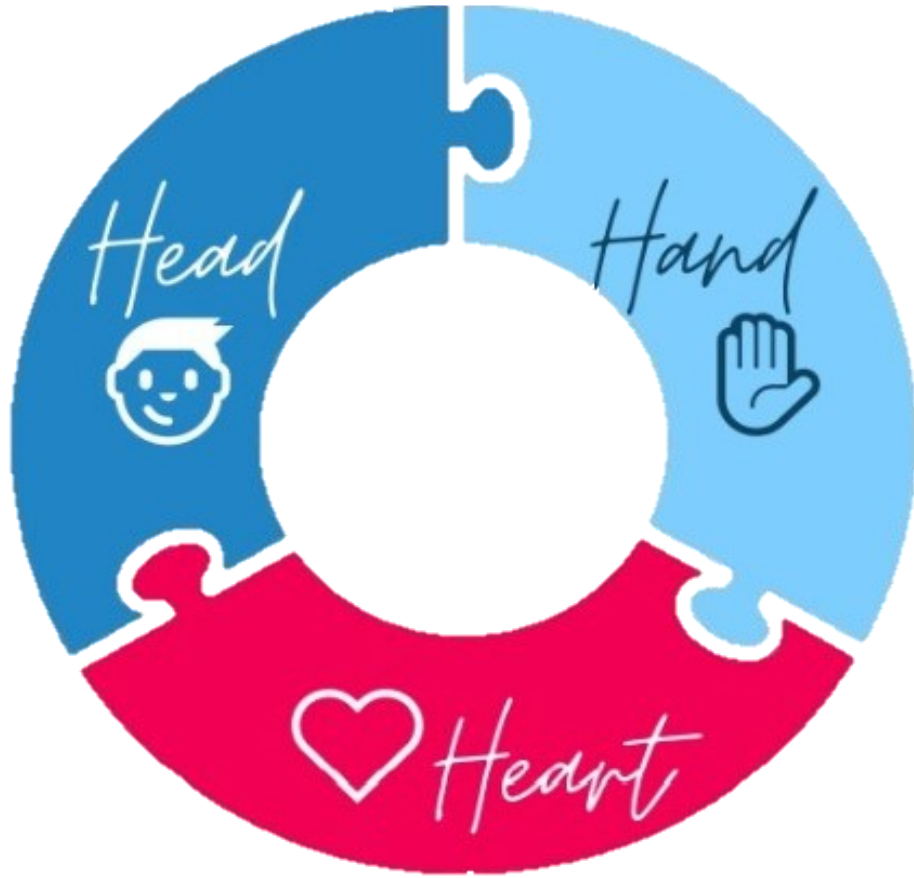
Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

✈ Matthew 7:24 (NIV)





BUT **BE DOERS OF
THE WORD**, AND NOT
HEARERS ONLY, DECEIVING
YOURSELVES. **JAMES 1:22**



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“Let us RUN the Race....”

A BLAZE

– with zeal and passion

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**“Never lacking
in zeal but keep
your spiritual
fervour, serving
the Lord.”**

Romans 12:11

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John Wesley

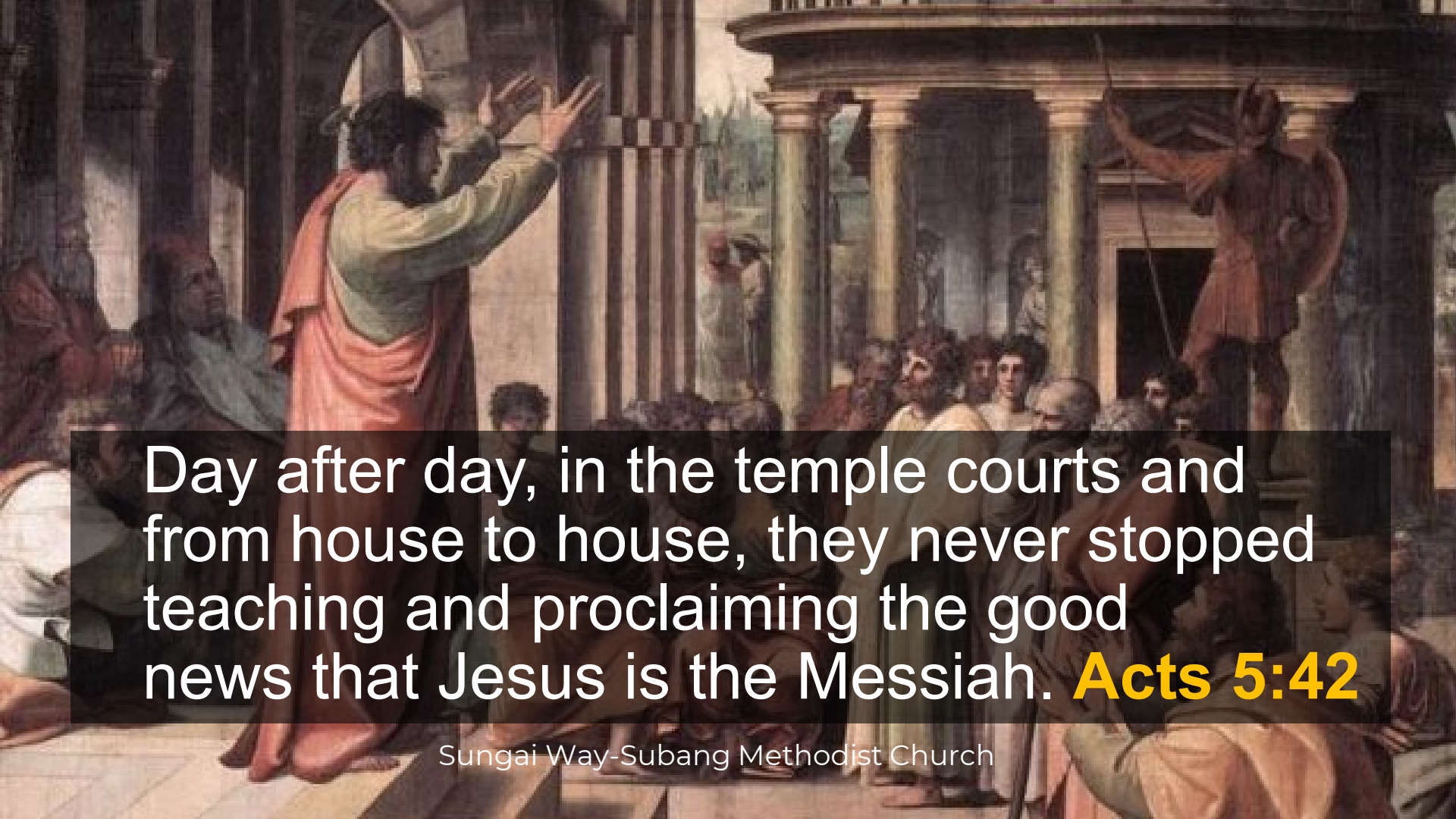
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A vibrant stained glass window depicting John Wesley, a central figure in the Methodist movement, standing on a raised platform and preaching to a large, diverse crowd of people. The scene is set against a backdrop of a town with a prominent domed building, likely a cathedral or church. The colors are rich and varied, with a strong emphasis on blues, reds, and greens. The text is overlaid on the central part of the image.

Catch on Fire

“Catch on Fire with enthusiasm and people will come for miles to watch you burn”

John Wesley



Day after day, in the temple courts and from house to house, they never stopped teaching and proclaiming the good news that Jesus is the Messiah. **Acts 5:42**

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加油
ADD OIL

“JIA YOU”

...used to express encouragement or support for someone else, the direct translation of the Mandarin phrase **加油 (jia you)** is one of the most commonly used colloquial phrases.

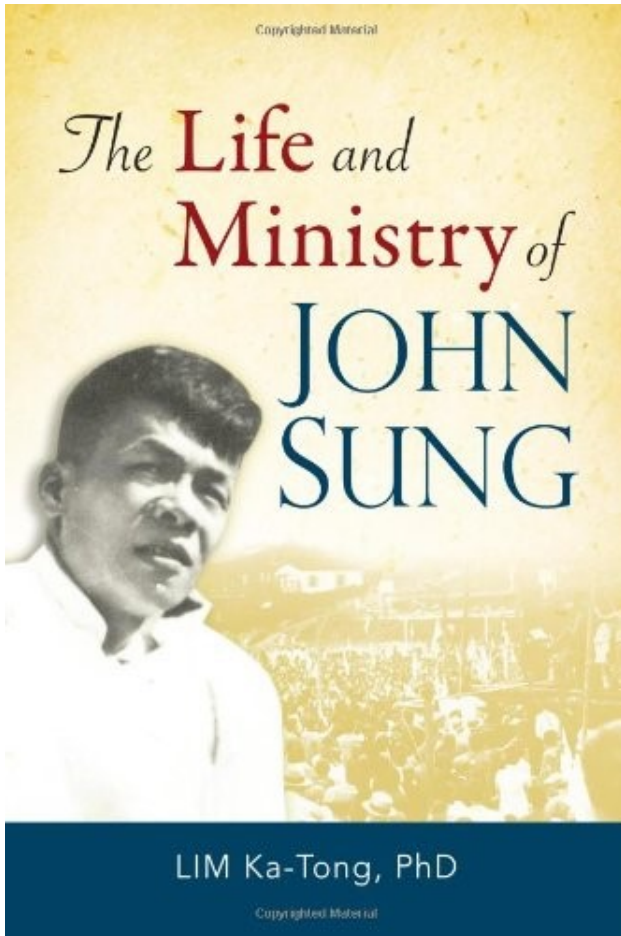


“Let us RUN the Race....”

A BLAZE

**– with zeal and passion
– with determination**

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John Sung –Flame for God

John Sung (1901 –1944), was one of the most influential Chinese Christian evangelist who played an instrumental role in the revival movement among the Chinese in Mainland China, Taiwan, and Southeast Asia during the 1920s and 1930s.



John Sung –Flame for God

A brilliant student, he earned a doctorate in chemistry in a record time in USA. Despite the array of career opportunities in front of him, Sung felt called by God to commit himself to work for Jesus Christ. Before stepping back on China, he threw all his academic awards into the sea, only keeping the doctorate diploma for his father. This action he intended to signify his full commitment to the Gospel.

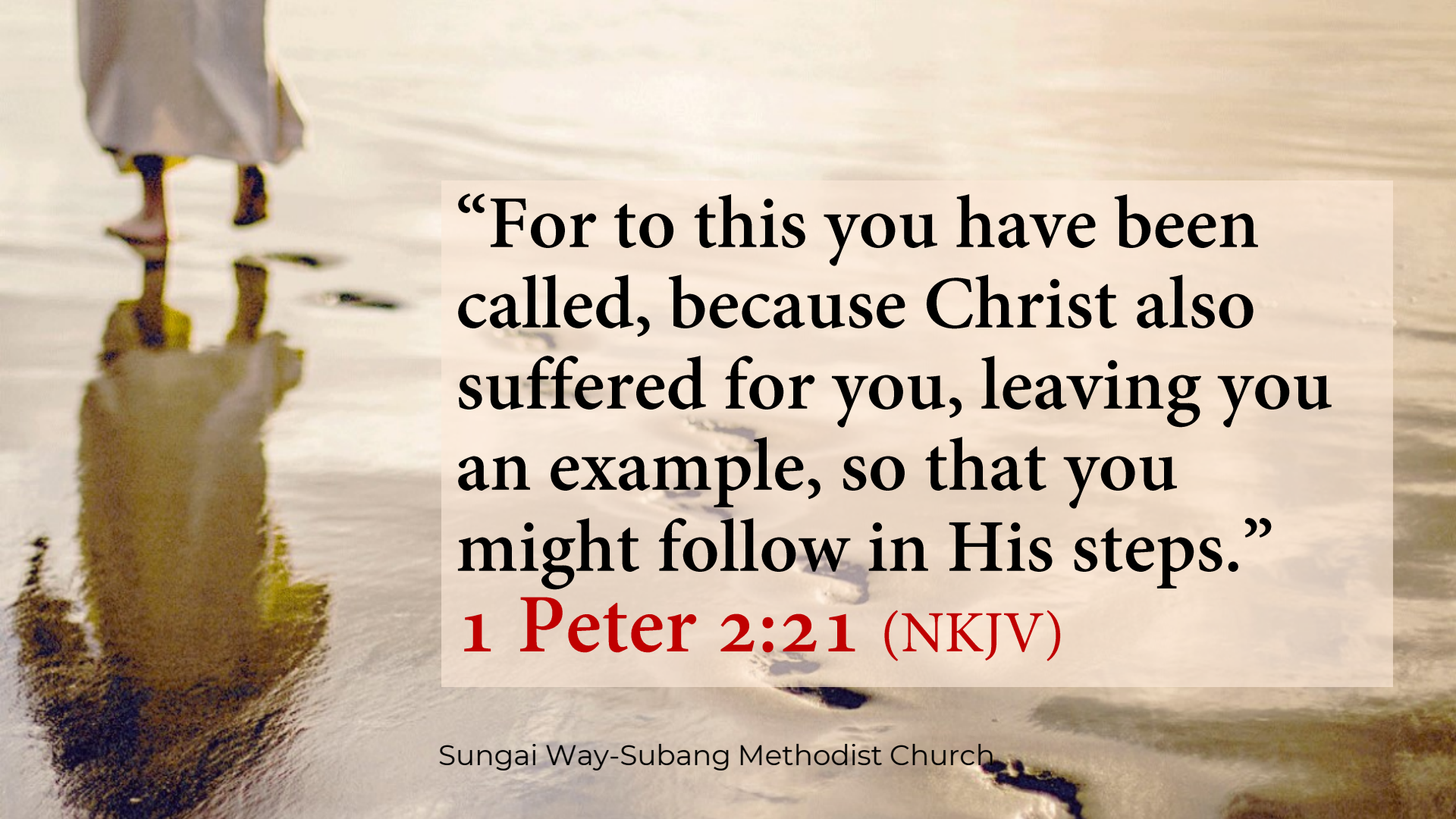


John Sung – Flame for God

Henceforth”, he writes on his diary in 1934, “I will try every means to save souls, never mind if is timely or otherwise. Saving a single sheep is more important than all other work. May God confer unto me the same spirit He gave to Charles Finney, D. L. Moody and John Wesley. I would rather die if God does not do that”.

A painting depicting Jesus and his disciples on a boat. Jesus is in the center, wearing a white robe and a dark sash, looking towards the right. Peter is on the right, wearing a dark robe and a white head covering, looking towards Jesus. Other disciples are visible in the background. The scene is set on a body of water with hills in the distance.

He said to him the third time, “Simon, *son* of Jonah, do you love Me?” Peter was grieved because He said to him the third time, “**Do you love Me?**” And he said to Him, “Lord, You know all things; **You know that I love You.**” Jesus said to him, “**Feed My sheep**”. John 21:17

A person wearing a white robe is walking on a wet, reflective surface, likely a beach or a wet pavement. The person's legs and feet are visible, and their reflection is clearly seen in the water. The background is a bright, hazy sky, suggesting a sunrise or sunset. The overall mood is serene and contemplative.

“For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in His steps.”

1 Peter 2:21 (NKJV)

A group of runners' legs and feet are visible, running on a wet, reflective pavement. The runners are wearing various colored athletic shoes and socks. The background is blurred, focusing on the lower half of the runners.

“Let us RUN the Race....”

C OMMITMENT

- to continue running the Race

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RUN
when you can,

WALK
when you have to,

CRAWL
if you must.

JUST NEVER GIVE UP!

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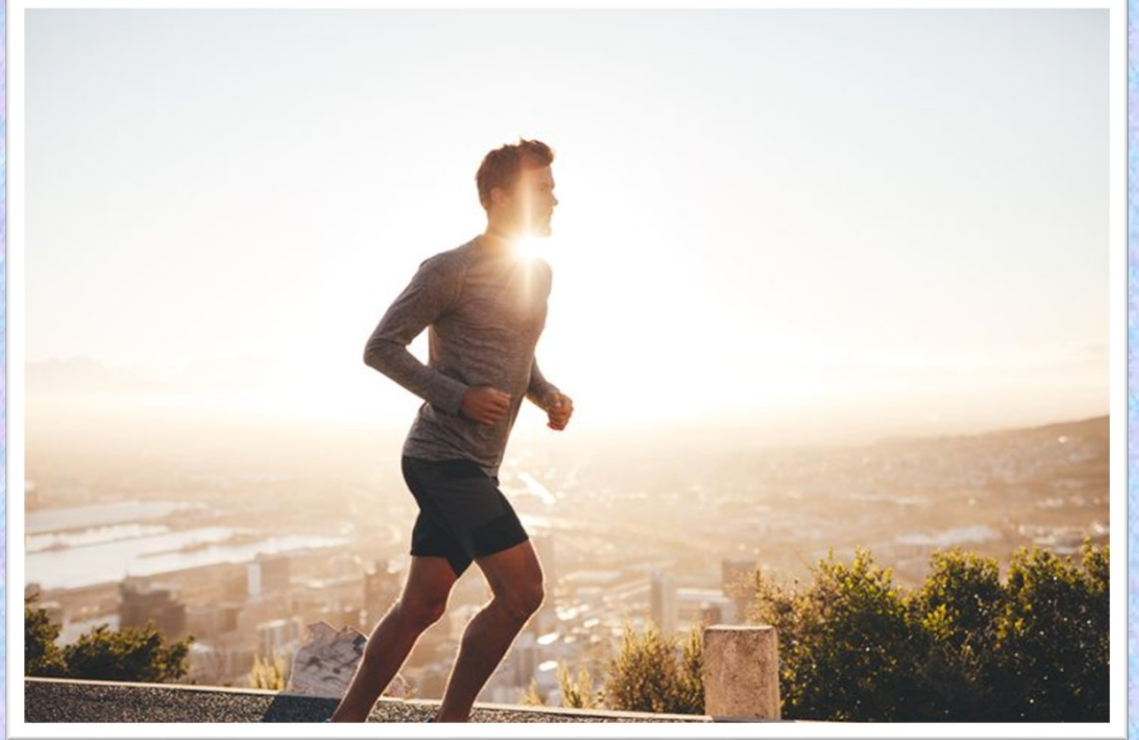


“And now, just as
you accepted Christ
Jesus as your Lord,
you must continue
to follow Him”

Colossians 2:6 *(NLT)*

26.2 miles

- RUN THE FIRST THIRD WITH **YOUR HEAD**. (Be Smart)



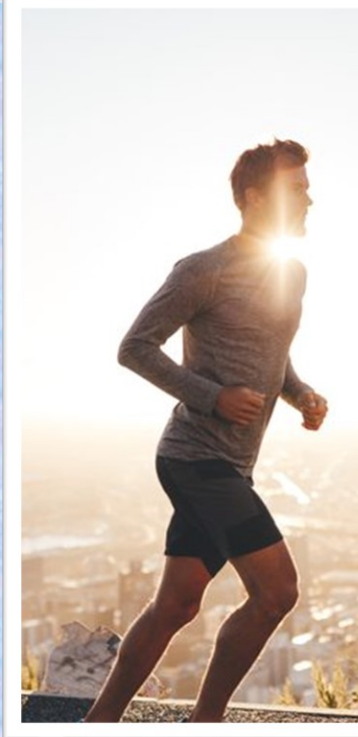
26.2 miles

- RUN THE FIRST THIRD WITH **YOUR HEAD.** (Be Smart)
- RUN THE SECOND THIRD WITH **YOUR LEGS.** (Be Strong)



26.2 miles

- RUN THE FIRST THIRD WITH **YOUR HEAD.** (Be Smart)
- RUN THE SECOND THIRD WITH **YOUR LEGS.** (Be Strong)
- RUN THE LAST THIRD WITH **YOUR HEART** (Be Inspired)



26.2 miles

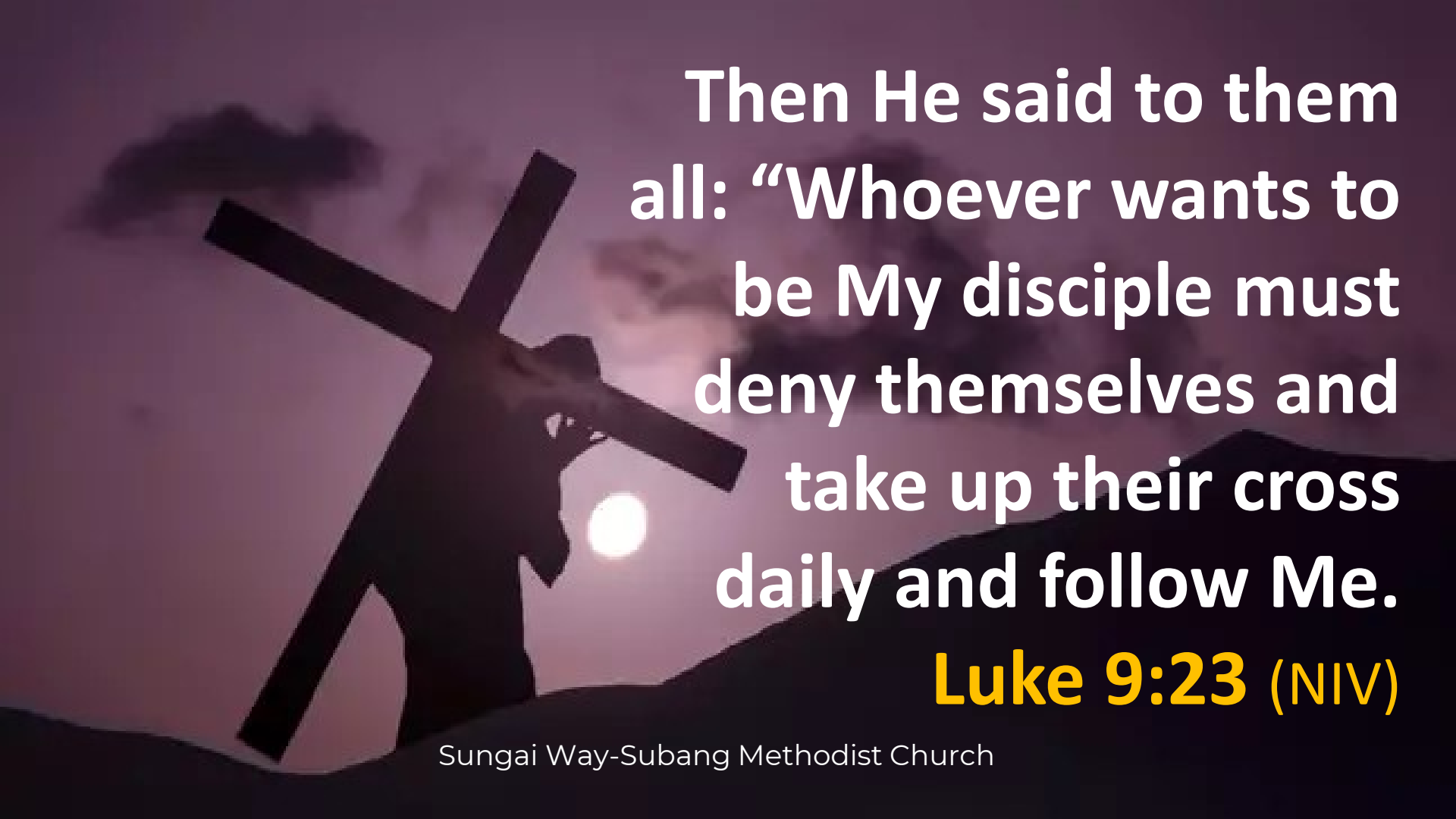
- RUN THE FIRST THIRD WITH **YOUR HEAD.** (Be Smart)
- RUN THE SECOND THIRD WITH **YOUR LEGS.** (Be Strong)
- RUN THE LAST THIRD WITH **YOUR HEART** (Be Inspired)



**WHEN YOUR LEGS
CAN'T RUN ANYMORE,
RUN WITH YOUR HEART**



GALATIANS 6:2
CARRY EACH
OTHER'S BURDENS,
AND IN THIS
WAY YOU WILL
FULFILL THE
LAW OF CHRIST.


A silhouette of a person carrying a cross is shown against a sunset background. The sun is a bright circle on the horizon, and the sky is a mix of purple and orange. The person is walking on a dark, silhouetted hill.

Then He said to them
all: “Whoever wants to
be My disciple must
deny themselves and
take up their cross
daily and follow Me.

Luke 9:23 (NIV)



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A painting of a man in a blue shirt and a hat plowing a field with a wooden plow. In the background, there is a wooden building with a corrugated metal roof and a horse-drawn plow. The scene is set in a rural, agricultural environment.

Jesus replied, “No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.”

Luke 9:62 (NIV)

Choose
THIS DAY
WHOM
YOU
WILL
SERVE

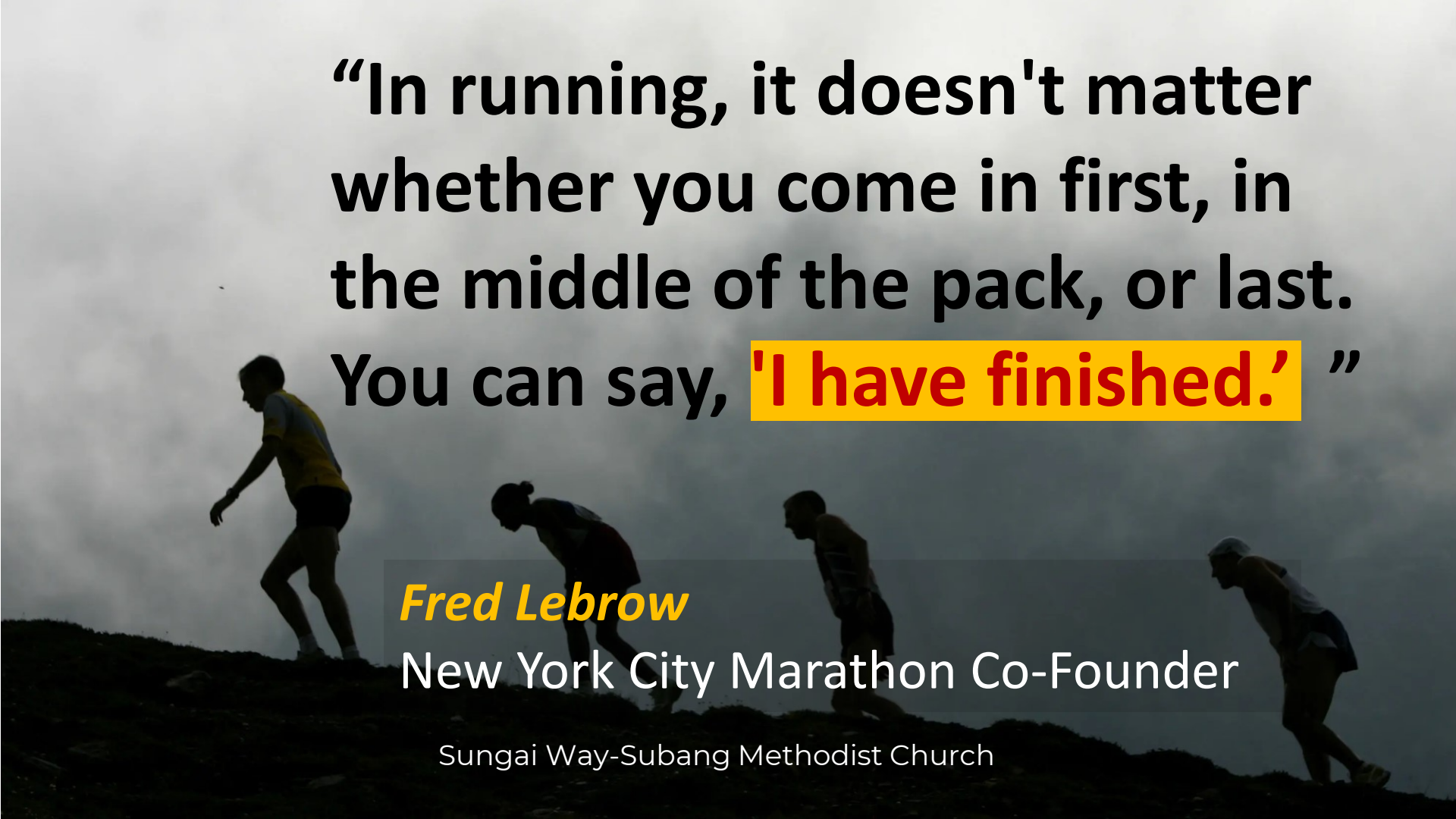
“Choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.” **Joshua 24:15**

A runner in a dark blue athletic outfit is captured from the waist down, running on a red track. A red ribbon is draped across the runner's path, signifying the end of a race. The background shows a bright sky with a sun flare on the right side. The word 'FINISH' is painted in large white letters on the track surface.

“Let us RUN the Race....”

COMMITMENT

- to continue running the Race**
- to finish the Race**

The background of the slide features a silhouette of four runners in various stages of a running stride, positioned on a dark, grassy hill. The sky above is a light, overcast grey. The quote is centered in the upper half of the image.

“In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, **'I have finished.'**”

Fred Lebrow

New York City Marathon Co-Founder

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A photograph of a female marathon runner, Hayley Carruthers, in a black and white athletic outfit and red shoes, crawling on her hands and knees on a red carpeted finish line. To her left is a red barrier with the Virgin Money logo and the word 'moneygiving'. In the background, a crowd of spectators and a Union Jack flag are visible under a bright sky.

Hayley Carruthers
collapsed inches
before crossing
the finish line at
London Marathon
2019

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Finishing First and Last: **Fauja Singh,** India's 100-Year-Old Marathon Man

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A photograph of Fauja Singh, a 100-year-old man with a long white beard and a blue turban, running on a modern bridge. He is wearing a bright yellow athletic shirt and black shorts. In the background, the St. Paul's Cathedral is visible under a clear sky. The bridge has a distinctive white, curved architectural design.

Finishing First and Last: **Fauja Singh,** India's 100-Year-Old Marathon Man

“Let us RUN the Race....”

E NDURANCE

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At mile 20 I thought I was dead.
At mile 22 I wished I was dead.
At mile 24 I knew I was dead.
At mile 26.2 I realized I had
become too tough to kill.




LIFE IS A MARATHON NOT A SPRINT

TRAIN FOR
ENDURANCE
NOT SPEED



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WWW.REVIVALINCHRIST.COM

A close-up, low-angle shot of a person's legs running on a paved road. The person is wearing grey socks and black athletic shoes. The road has a yellow dashed line down the center. The background shows a sunset or sunrise over a landscape with hills, with a warm, golden light illuminating the scene. A semi-transparent dark box is overlaid on the right side of the image, containing white text.

“I press on ahead
to take hold of that for
which Christ Jesus
took hold of me.”


Philippians 3:12 (NIV)



Maïckel Melamed

from Venezuela who suffers from muscular dystrophy since birth – in 2015 took part in the Boston Marathon going through tough conditions of strong wind, rain and cold .





6 steps at a time...
rest and again...
6 steps...

He crossed the
finishing line
after more than
20 hours of
running at 4.30am
the next day..

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“Those who sow in tears
will reap with songs of joy.
He who goes out weeping
carrying seed to sow will
return with songs of joy,
carrying sheaves with him”

Psalm 126:5-6 (NIV)



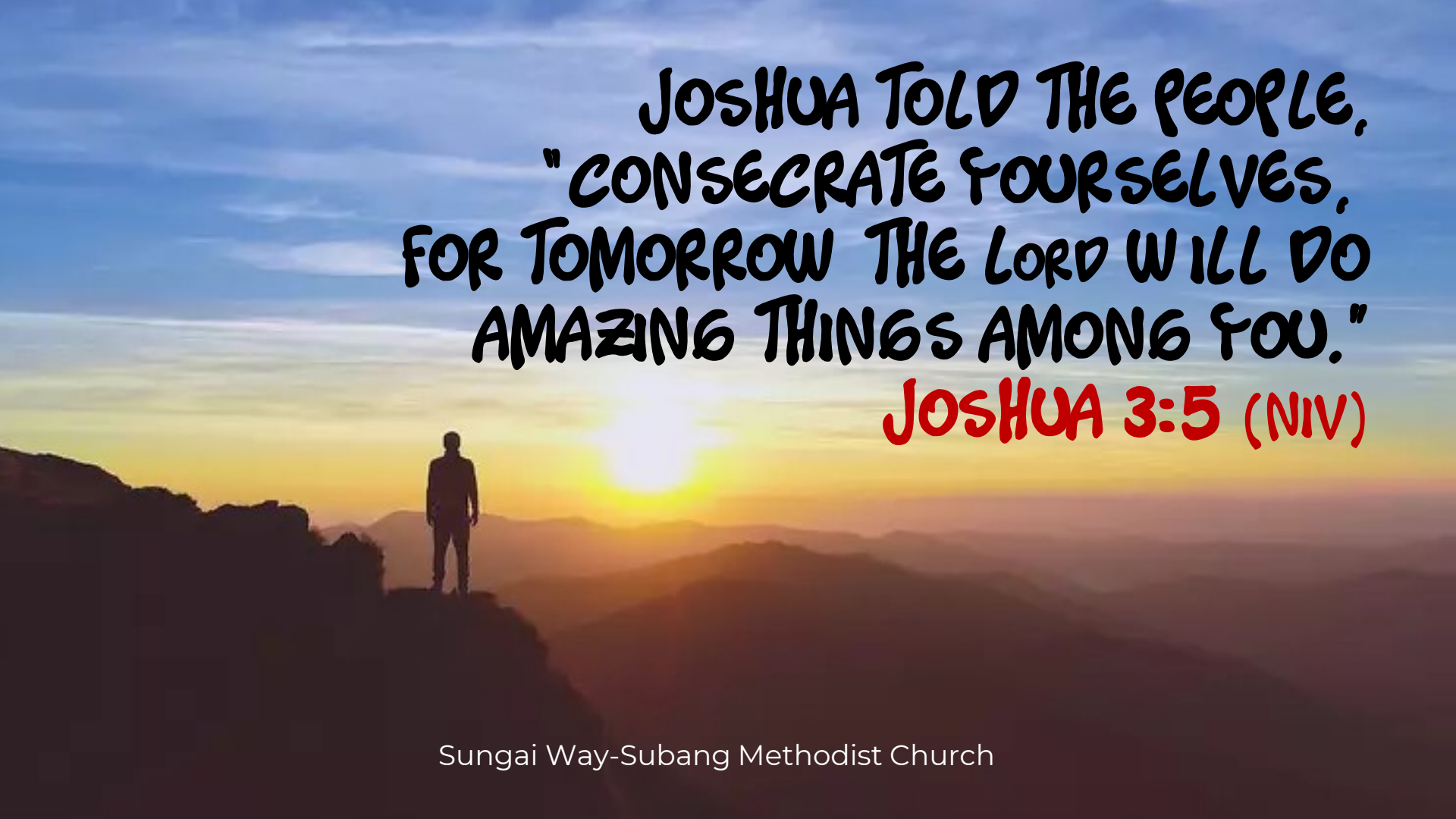
We are hard pressed
on every side, but **NOT CRUSHED;**
perplexed, but **NOT IN DESPAIR;**
persecuted, but **NOT ABANDONED;**
struck down, but **NOT DESTROYED.**

2 Corinthians 4:8-9 (NIV)

I have fought the good fight,
finished the race,

kept the faith.

2 Timothy 4:7 (NIV)



**JOSHUA TOLD THE PEOPLE,
"CONSECRATE YOURSELVES,
FOR TOMORROW THE LORD WILL DO
AMAZING THINGS AMONG YOU."**

JOSHUA 3:5 (NIV)

A photograph of a male runner in a grey tank top and black shorts running on a blue athletic track. The runner is captured from a rear three-quarter view, showing his powerful build and focused expression. The track has white lane markings and is set against a backdrop of a bright sunset or sunrise, with the sun low on the horizon, casting a long, dark shadow of the runner onto the track. The overall mood is one of determination and endurance.

*“Let us run with endurance the race
marked out for us...”*

Hebrews 12:1b

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