



# ENDURANCE

Pushing Through Quitting Points

# ENDURANCE

Mike Barrowman – going for the gold!

## Testimony

"I have worked 10 years for this gold. And today I have it. Breaking the world record is no where near as important as getting the gold!"



# ENDURANCE

We build endurance by learning how to push through the quitting points

# ENDURANCE

Examples of quitting points:

- \* Physical
- \* Vocational
- \* Marital
- \* Spiritual
- \* Emotional
- \* Etc!

# ENDURANCE

## Definition

Bear up under

Tolerate

Last [duration]

Hold out

Staying power

GR: [*“hupomeno”*] to abide; to abide under,  
to bear up courageously

## ENDURANCE

"Endurance is the capacity to undergo hardship and strain without yielding to the pressure to give up. It's the ability to face life's challenges and overcome them."

-- Steve Chalke --

## ENDURANCE

"Someone who has the ability to hang on 10 seconds after everybody else has let go".

-- Corrie ten Boom --

## ENDURANCE

"With God's help we will do mighty things,  
For he will trample down our foes"

-- Psalmist David --

(Ps. 108:13)



# ENDURANCE

"He endures to the end will be saved."

-- Jesus --  
(Matt. 24:13)

# ENDURANCE

Hebrews 12:1-3

*Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.*

## ENDURANCE

*<sup>2</sup> We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. <sup>3</sup> Think of all the hostility he endured from sinful people; then you won't become weary and give up.*

# ENDURANCE

Why is endurance so important?

1) **It is good discipline** (Heb.12:7)

*"As you endure...remember God is treating you as his own children."*

# ENDURANCE

Why is endurance so important?

2) **It brings joy/blessing** (James 1:3,12)

*“When troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.”*

# ENDURANCE

Why is endurance so important?

3) **It increases our awareness of God**

(1 Pet 2:18-21)

*"God is pleased with you when, for the sake of your conscience, you patiently endure unfair treatment."*

## ENDURANCE

<sup>8</sup> “Three different times I begged the Lord to take it away. <sup>9</sup> Each time he said, “*My grace is all you need. My power works best in weakness.*” So now I am glad to boast about my weaknesses, *so that the power of Christ can work through me.* <sup>10</sup> That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong”.

(2 Corinthians 12:8-10)

## ENDURANCE

*We give great honor to those who endure under suffering. For instance, you know about Job, a man of great endurance. You can see how the Lord was kind to him at the end, for the Lord is full of tenderness and mercy.*

(James 5:11)



# ENDURANCE

Question to ponder:

By quitting, do I not cheat God out of an opportunity to really make himself known to me?

## ENDURANCE

Why is endurance so important?

4) **It declares where I live!** (John 15:9)

*<sup>9</sup> “I have loved you even as the Father has loved me. Remain in my love. <sup>10</sup> When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. <sup>11</sup> I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!”*

# ENDURANCE

Why is endurance so important?

- 1) **It is good discipline**
- 2) **It brings joy/blessing**
- 3) **It increases our awareness of God**
- 4) **It declares where I live!**



**ENDURANCE**

**Endurance is a choice!**

## ENDURANCE

How on earth, for heavens sake, do we endure!?

### 1) **We do not become weary in doing good**

*<sup>9</sup> So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. <sup>10</sup> Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.*

(Gal. 6:9-10)

# ENDURANCE

How on earth, for heavens sake, do we endure!?

2) **We discard the unnecessary** (Heb. 12:1)

❖ strip off every weight

❖ run with endurance

# ENDURANCE

How on earth, for heavens sake, do we endure!?

3) **We keep properly focused** (Heb. 12:2)

❖ *keep our eyes on Jesus*

# ENDURANCE

How on earth, for heavens sake, do we endure!?

3) **We keep properly focused** (1 Pet. 1:13)

- ❖ *We think clearly and exercise self-control...*
- ❖ *We must live as God's obedient children.*



## ENDURANCE

How on earth, for heavens sake, do we endure!?

3) **We keep properly focused** (Ps. 121:1-2)

❖ *My help comes from the Lord,  
the Maker of heaven and earth.*

# ENDURANCE

How on earth, for heavens sake, do we endure!?

- 1) **We do not become weary in doing good**
- 2) **We discard the unnecessary**
- 3) **We keep properly focused**



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Pushing Through Quitting Points

1 CORINTHIANS 15:58

*“So, my dear brothers and sisters, be strong and immovable [in the Lord]. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.”*