

Everybody knows that a runner is going to win or lose primarily by his endurance. You cannot quit. When it hurts, you cannot quit. When your lungs are on fire, you cannot quit. When your feet feel like lead, you cannot quit. When your sides ache, you cannot quit! You'll never be a spiritual athlete if you're a quitter! No pain. No gain. – Adrian Rogers

**Devote Yourself to God** [Gal 5:22-23 NKJV] 22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law.

[Rom 12:1-8 NKJV] 1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, [which is] your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what [is] that good and acceptable and perfect will of God. 3 For I say, through the grace given to me, to everyone who is among you, not to think [of himself] more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith. 4 For as we have many members in one body, but all the members do not have the same function, 5 so we, [being] many, are one body in Christ, and individually members of one another. 6 Having then gifts differing according to the grace that is given to us, [let us use them]: if prophecy, [let us prophesy] in proportion to our faith; 7 or ministry, [let us use it] in [our] ministering; he who teaches, in teaching; 8 he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.

**Live Ferently in the Spirit** [Rom 12:9-13 NKJV] 9 [Let] love [be] without hypocrisy. Abhor what is evil. Cling to what is good. 10 [Be] kindly affectionate to one another with brotherly love, in honor giving preference to one another; 11 not lagging in diligence, fervent in spirit, serving the Lord; 12 rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; 13 distributing to the needs of the saints, given to hospitality.

**Overcome Evil with Good** [Rom 12:14-21 NKJV] 14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice, and weep with those who weep. 16 Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. 17 Repay no one evil for evil. Have regard for good things in the sight of all men. 18 If it is possible, as much as depends on you, live peaceably with all men. 19 Beloved, do not avenge yourselves, but [rather] give place to wrath; for it is written, "Vengeance [is] Mine, I will repay," says the Lord. 20 Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." 21 Do not be overcome by evil, but overcome evil with good.