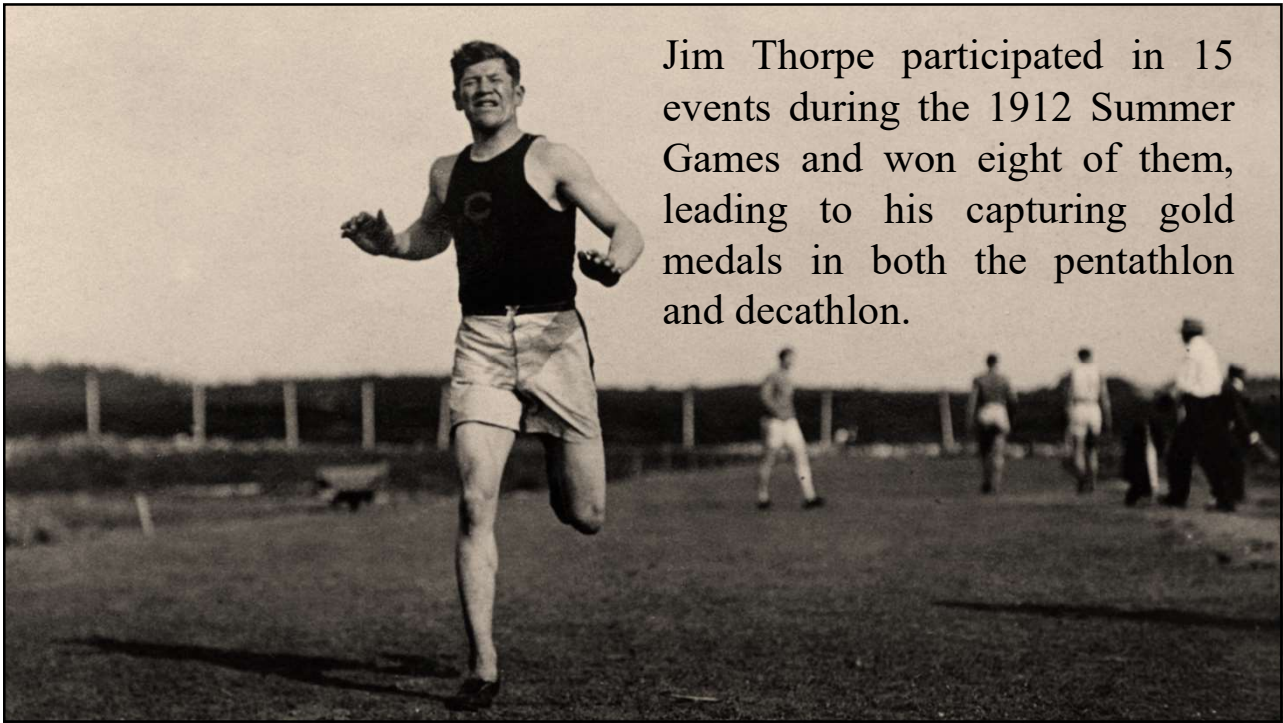




Rules for the race

1




Jim Thorpe participated in 15 events during the 1912 Summer Games and won eight of them, leading to his capturing gold medals in both the pentathlon and decathlon.

2



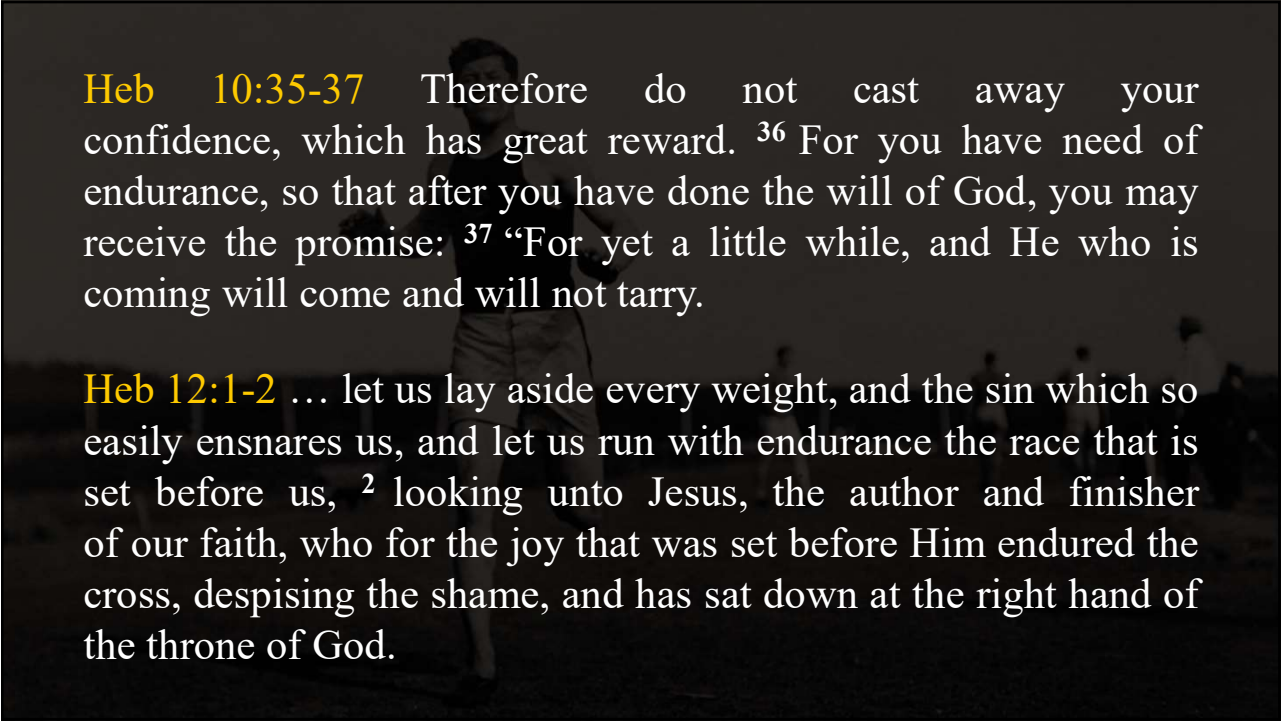
3



Bob Wheeler, *Jim Thorpe: The World's Greatest Athlete*:

“Prior to the 1500 meters in the decathlon Jim reached into his Jim bag to pull out his shoes and they were missing. There’s lots of theories about why they were missing or who took them or what happened, but the fact is that he had a matter of minutes to get to the starting line. He frantically asked teammates if they had an extra pair of shoes. One teammate had an extra shoe. It was too small but he squeezed his foot into it. And the other shoe he found in a trash bin. It was too big and he put a couple pair of socks to make that fit. Then he went out and competed against the greatest decathletes in the world and won the race at 1500 meters.”

4



Heb 10:35-37 Therefore do not cast away your confidence, which has great reward. ³⁶ For you have need of endurance, so that after you have done the will of God, you may receive the promise: ³⁷ “For yet a little while, and He who is coming will come and will not tarry.

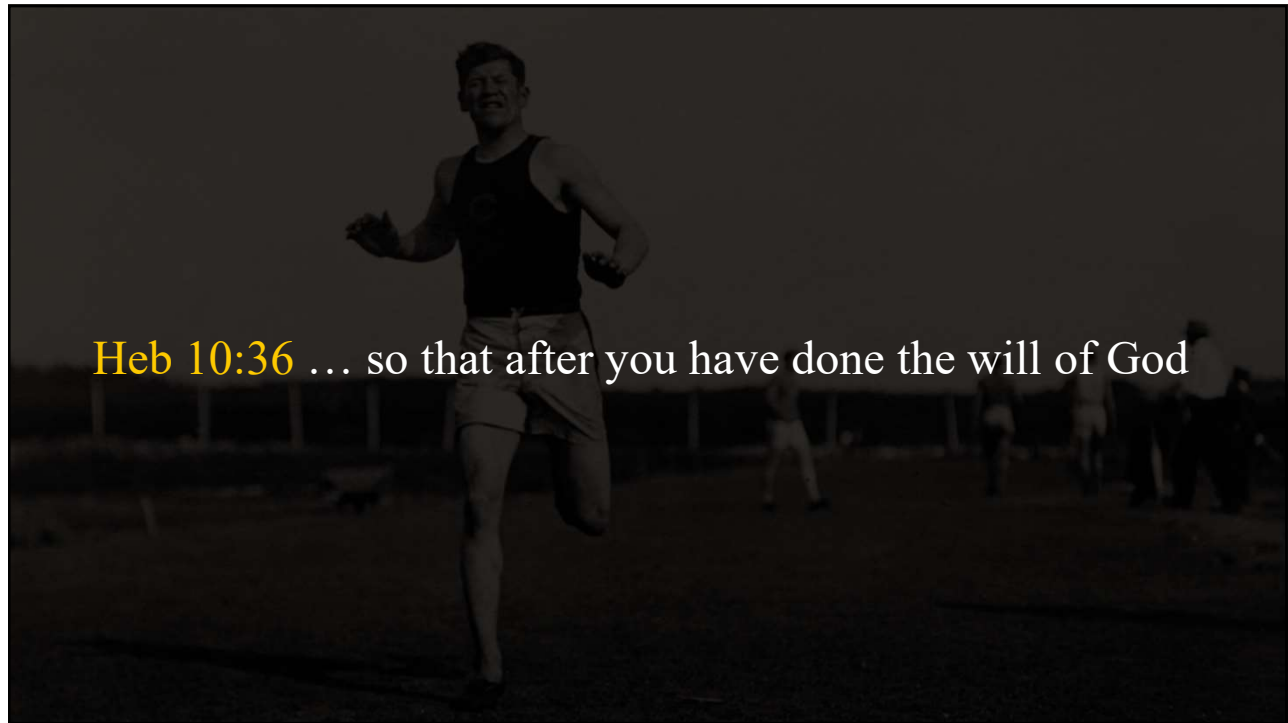
Heb 12:1-2 ... let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

5

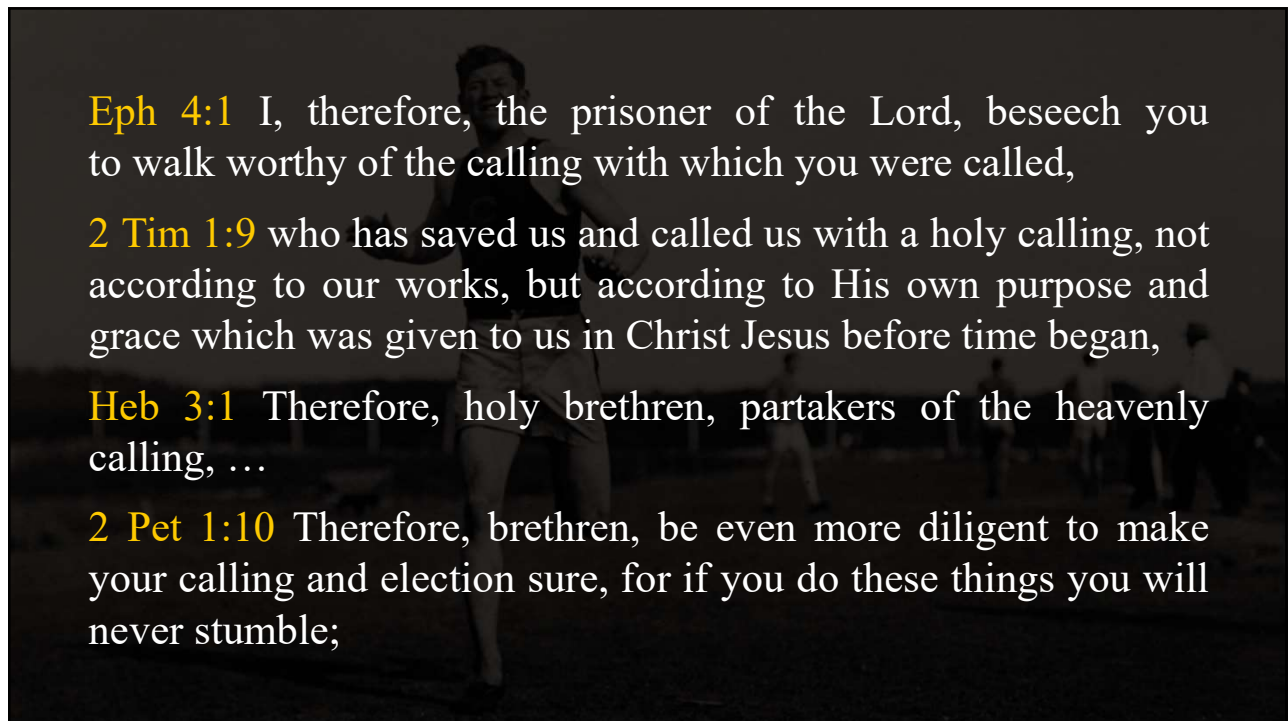


Rule 1: **Know the course**

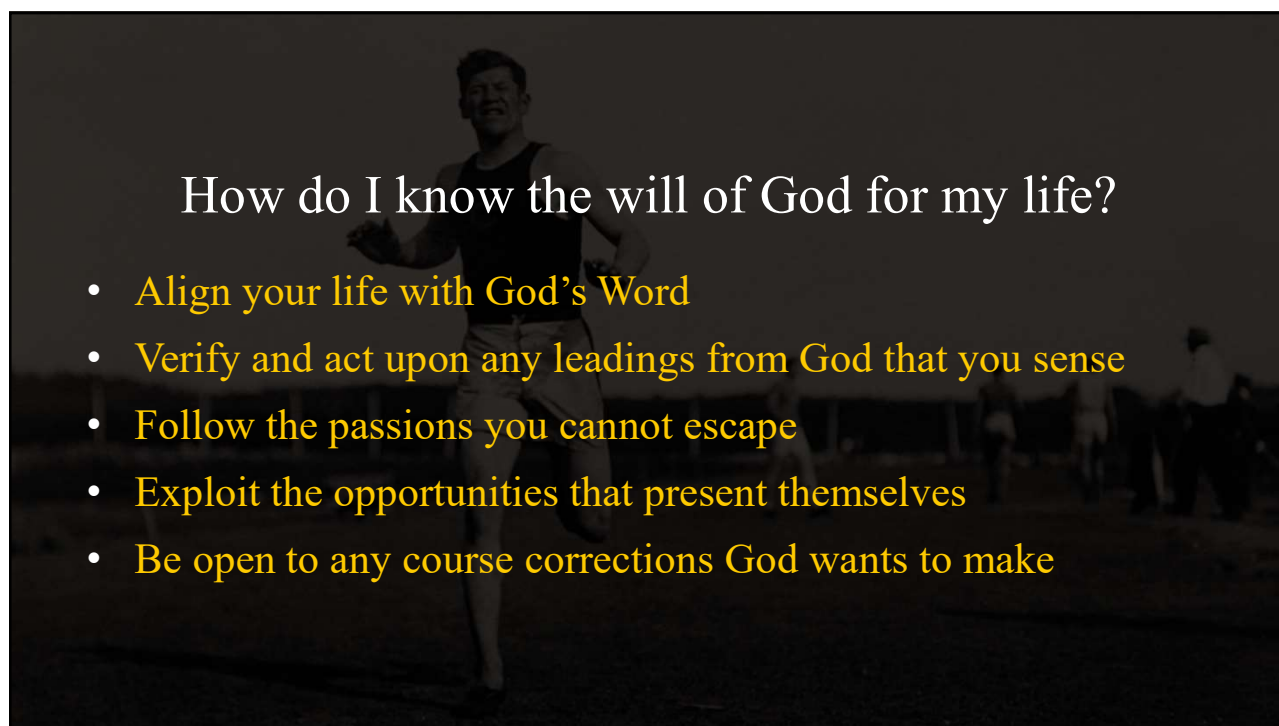
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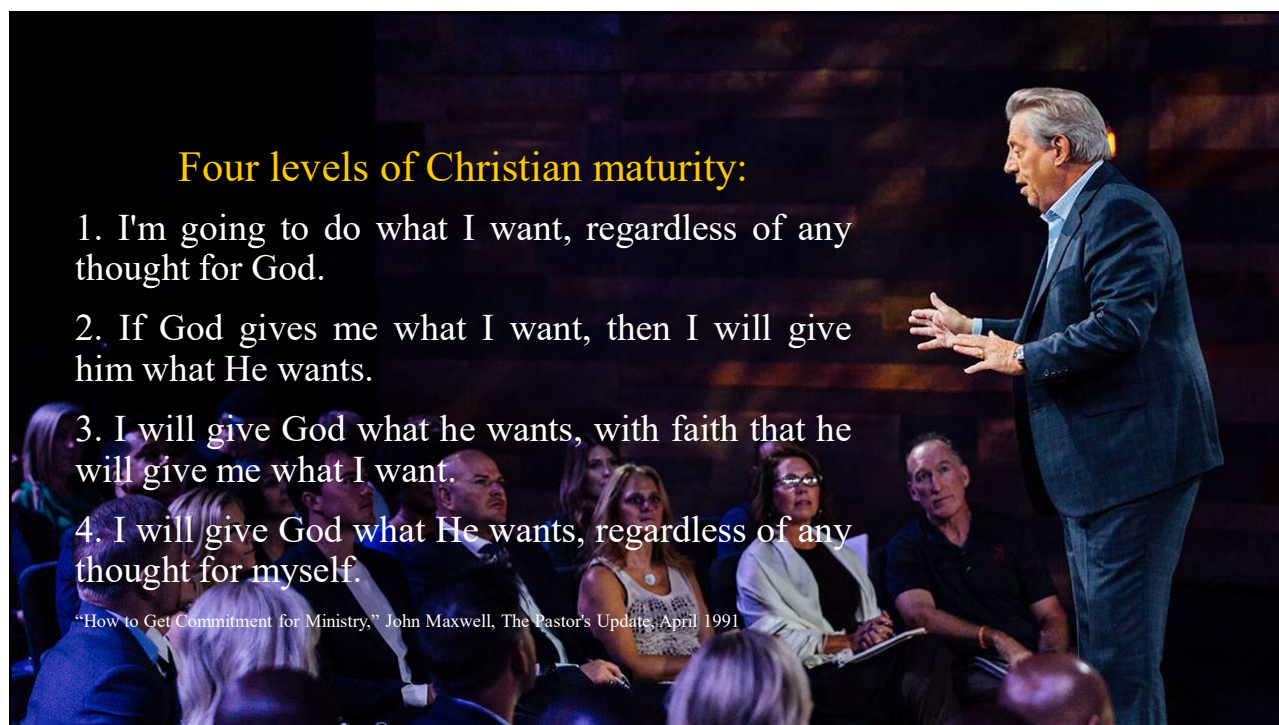
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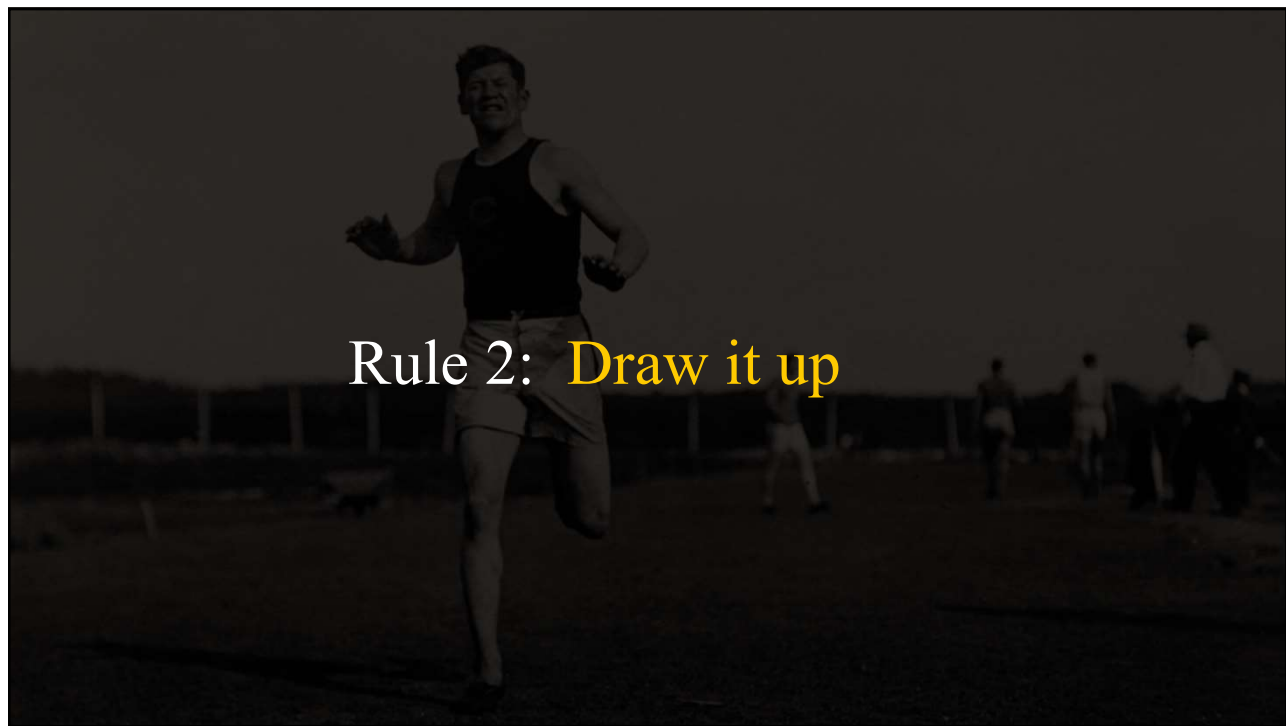
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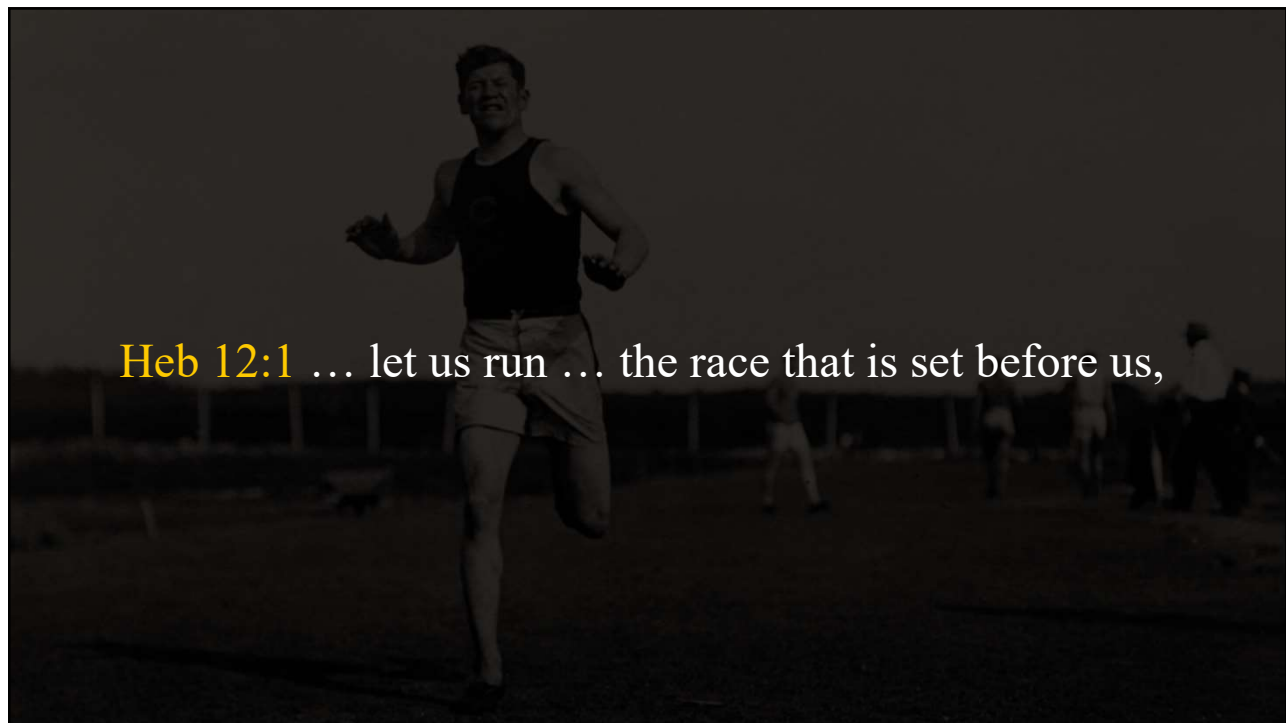
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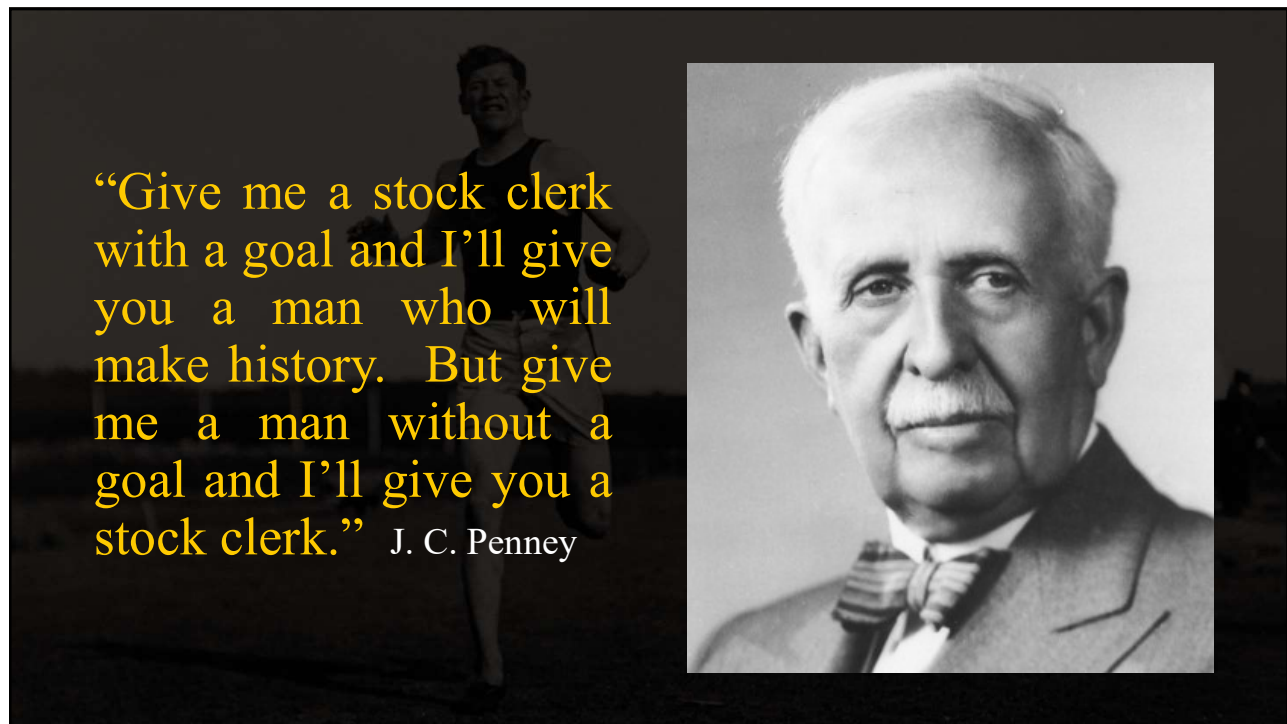
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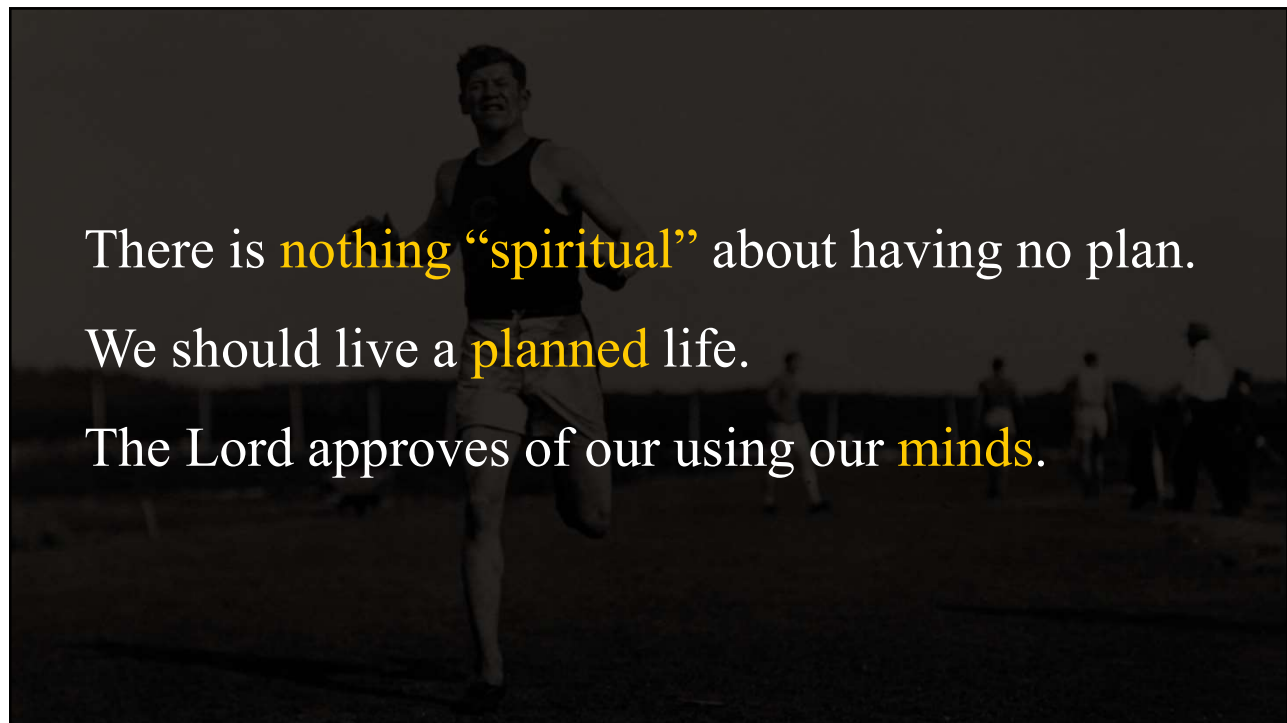
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12



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14

Mt 22:37 Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.”

Lk 14:28-32 For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it— ²⁹ lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him,³⁰ saying, ‘This man began to build and was not able to finish’? ³¹ Or what king, going to make war against another king, does not sit down first and consider whether he is able with ten thousand to meet him who comes against him with twenty thousand? ³² Or else, while the other is still a great way off, he sends a delegation and asks conditions of peace.

15

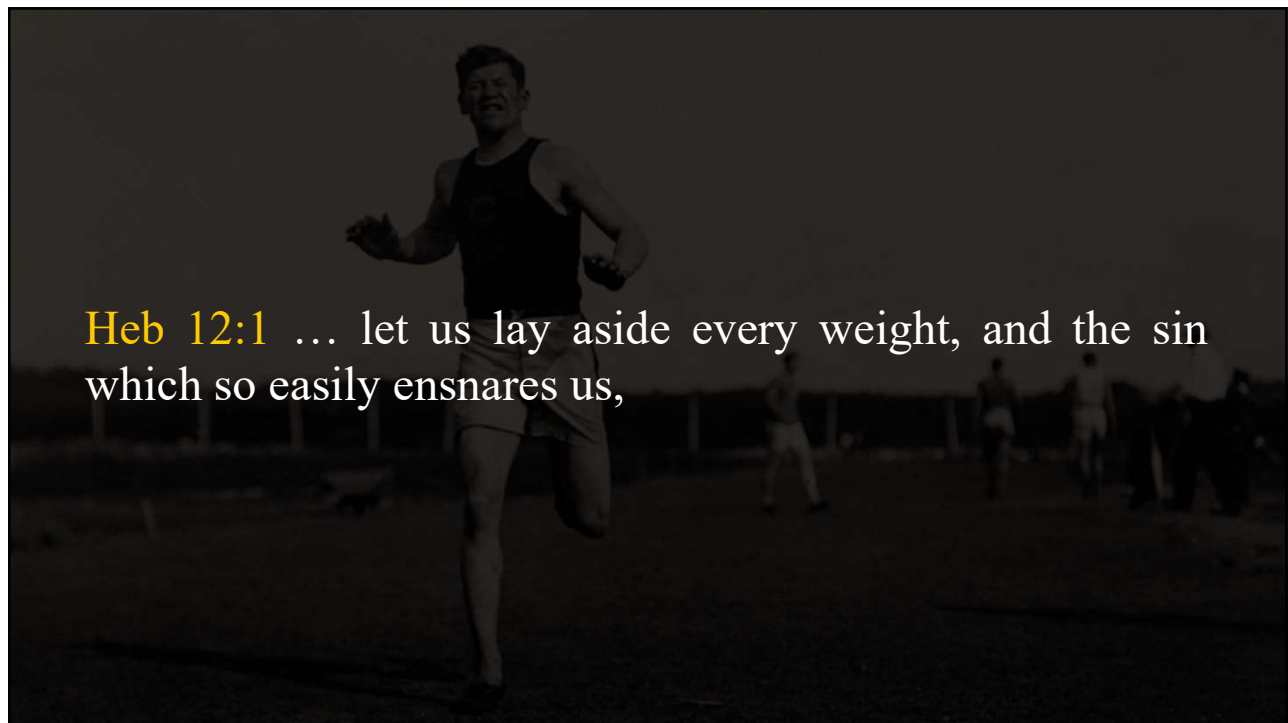
The positive effects of goals:

- **Goals unleash our potential**
- **Goals create activity**
- **Goals create excitement**
- **Goals prevent negativity/depression**

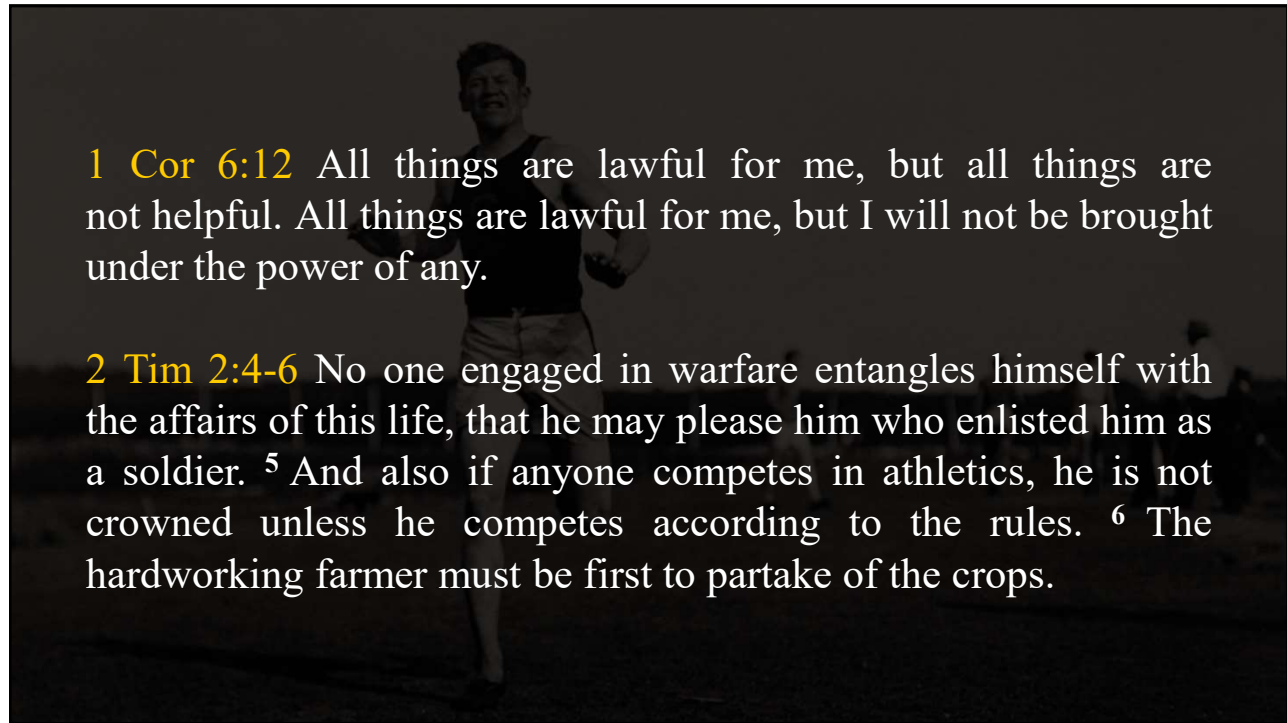
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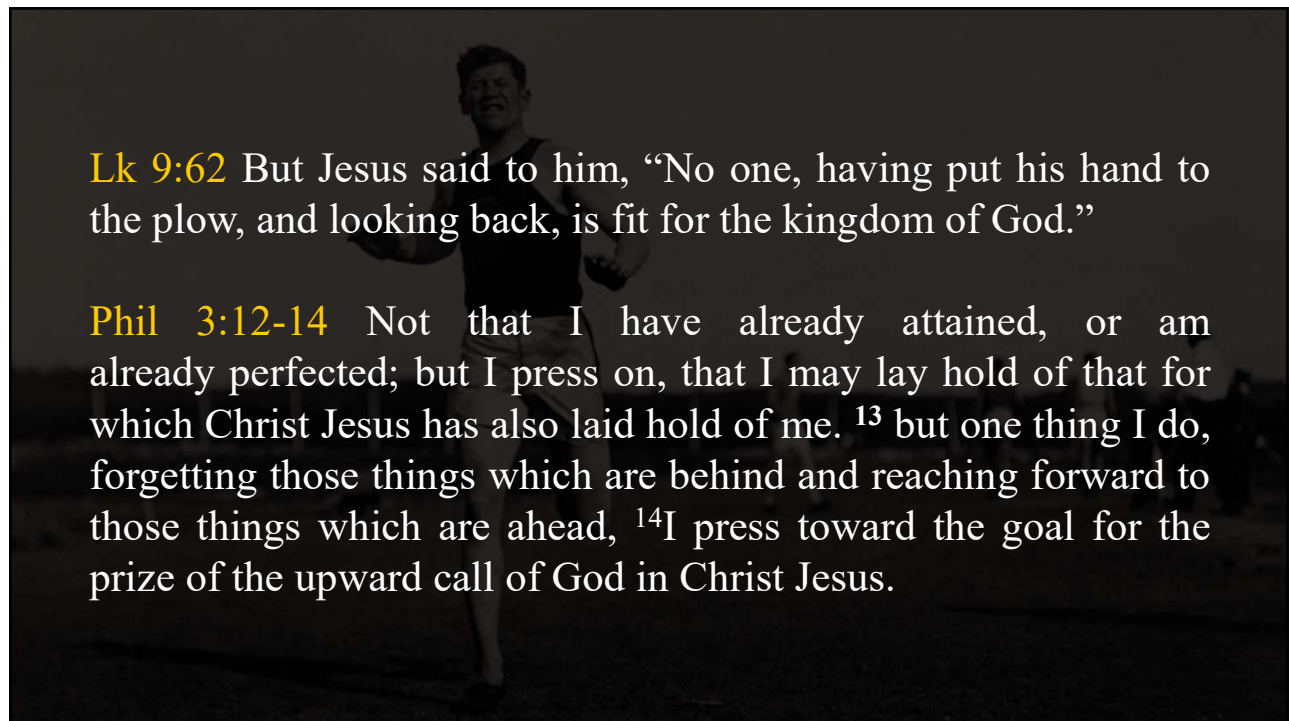
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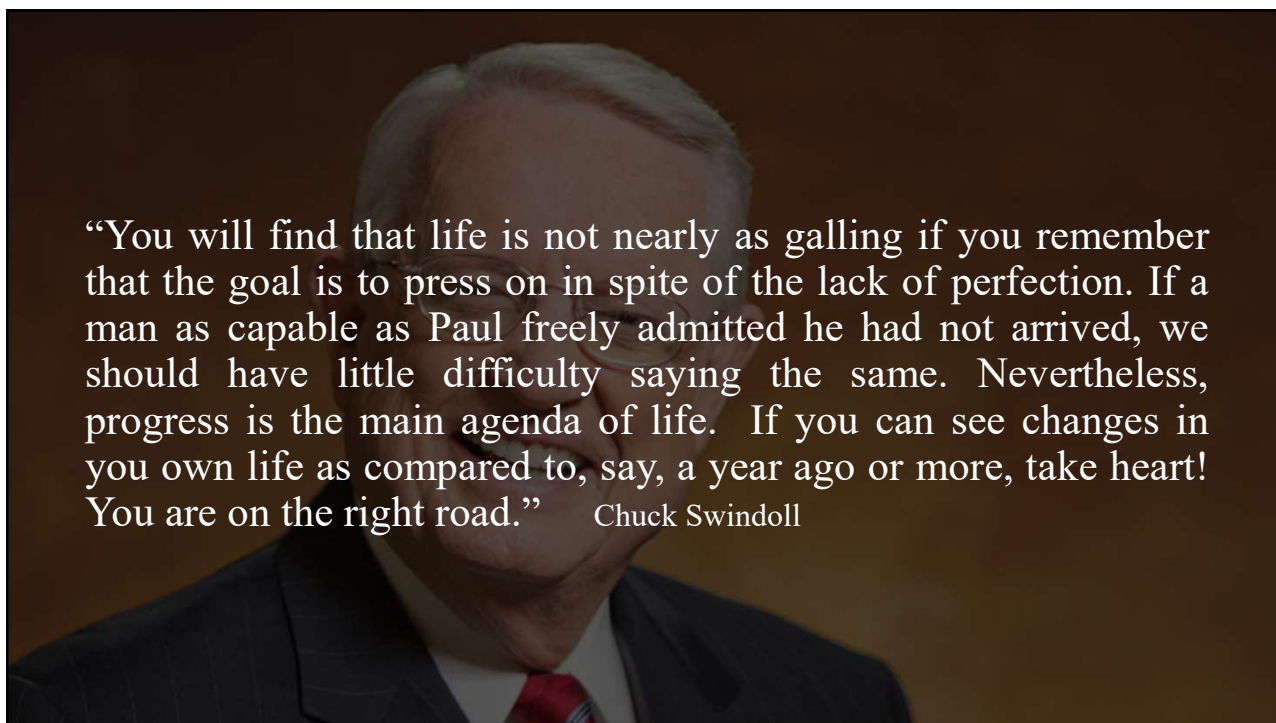
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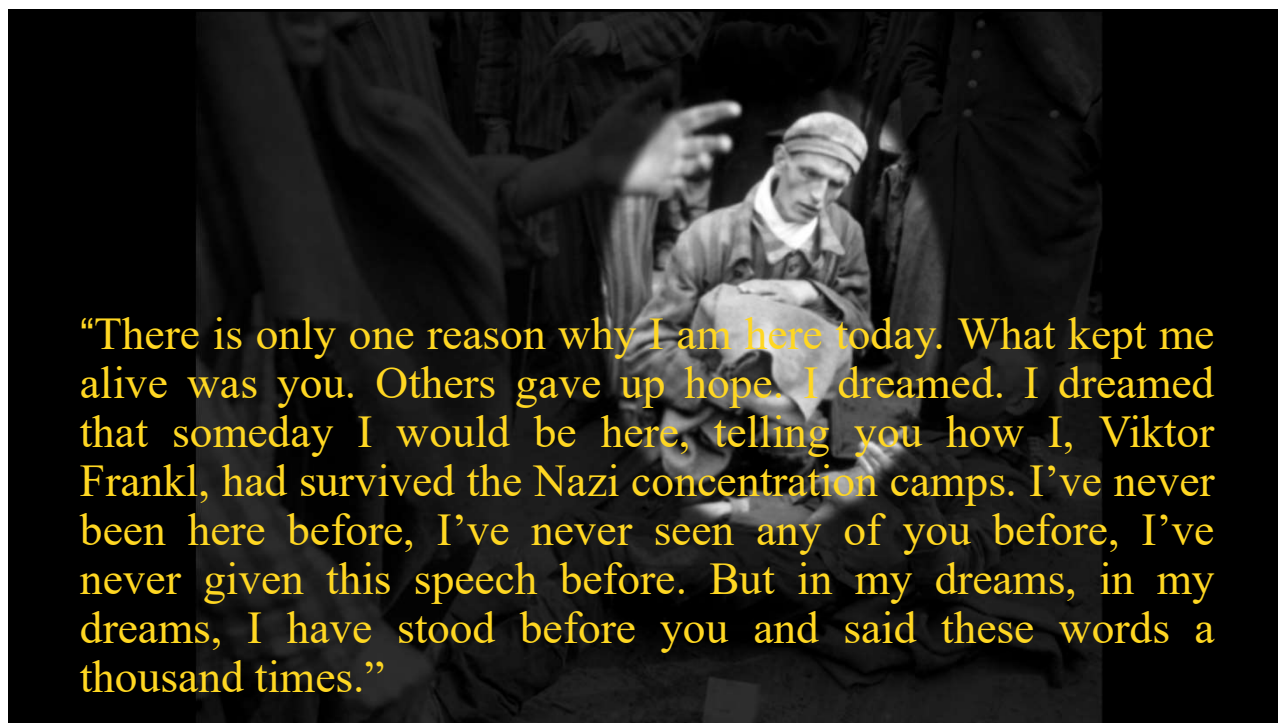


“You will find that life is not nearly as galling if you remember that the goal is to press on in spite of the lack of perfection. If a man as capable as Paul freely admitted he had not arrived, we should have little difficulty saying the same. Nevertheless, progress is the main agenda of life. If you can see changes in you own life as compared to, say, a year ago or more, take heart! You are on the right road.” Chuck Swindoll

24

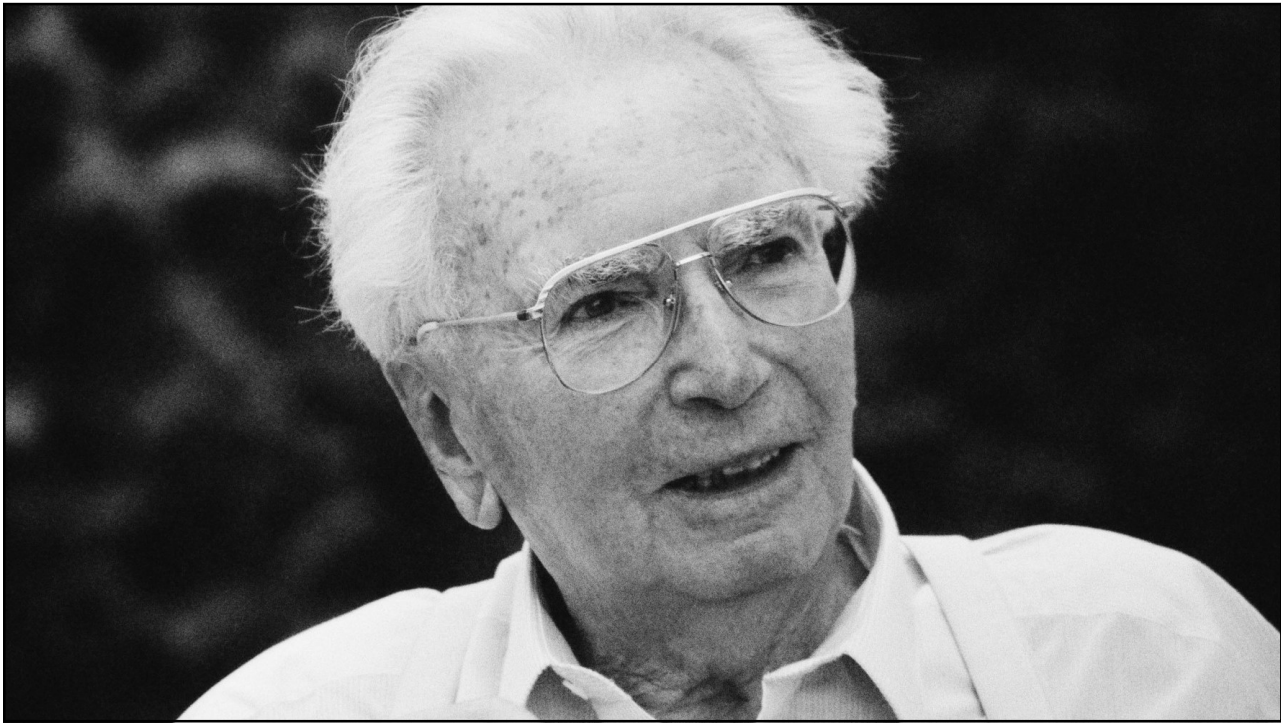


25



“There is only one reason why I am here today. What kept me alive was you. Others gave up hope. I dreamed. I dreamed that someday I would be here, telling you how I, Viktor Frankl, had survived the Nazi concentration camps. I’ve never been here before, I’ve never seen any of you before, I’ve never given this speech before. But in my dreams, in my dreams, I have stood before you and said these words a thousand times.”

26



27