



CHAPTER SIX  
**FINDING STRENGTH IN  
WEAKNESS**

In the world of running, athletes often push themselves to their physical limits in pursuit of success and excellence. They train tirelessly, endure pain and exhaustion, and face setbacks and obstacles along the way. The journey of a runner is not always easy, but it is in these moments of weakness that the true strength is revealed.

Apostle Paul writes about finding strength in weakness in the book of **2 Corinthians**. In **chapter 12 verse 9**, he writes,

***“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness’. Therefore, I will boast all the more gladly about weaknesses, so that Christ's power may rest on me”***

This verse speaks to the idea that when we are at our weakest, we can lean on God's grace and find strength in Him. It is in our moment of vulnerability and inadequacy that we can experience the power

and presence of God working in and through us. Just as a runner may feel physically drained and exhausted during a race, they can draw on their inner reserves and push through to the finish line.

In the sport of running, there are many parallels to the Christian life. Just as runners must train diligently, persevere through pain, and face challenges head-on, Christians must also endure trials, overcome obstacles, and rely on God's strength to see them through. Running requires discipline, focus, and determination-qualities that are also important in the spiritual journey.

Paul Continues, in **2 Corinthians 12:10**,

***“That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong”.***

This verse highlights the idea that when we embrace our weaknesses and rely on God's strength, we can find true and lasting strength that surpasses our own abilities.

As runners face the physical demands of their sport, they must also cultivate mental toughness and emotional resilience. They must learn to push through the pain, silence the doubts, and persevere when the going gets tough. In the same way, Christians must develop spiritual resilience and endurance, trusting in God's promises and standing firm in their faith even when Challenges arise.

The art of running is a metaphor for life itself. It teaches us important lessons about perseverance, resilience and inner strength. Just as runners must train their bodies and minds to enjoy the rigors of their sports, Christians must cultivate their spiritual life through prayer, bible study, and fellowship with other Believers.

A glance in **Hebrews 12:1-2**, we read:

***“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”.***

This passage reminds us that we are not alone in our journey-we have a cloud of witnesses cheering us on, and we have Jesus as our ultimate example and source of strength.

Just as runners *must* keep their eyes fixed on the finish lines, Christians must keep their focus on Jesus and His promises. When we face obstacles, setbacks, and challenges, we can draw on His strength and rely on His grace to see us through. The art of running is not just about physical prowess - it is about endurance, courage, and faith.

In *Philippians 4:13*, we are reminded,

***"I can do all things through him who gives me strength".***

This verse serves as a powerful reminder that our strength comes from God alone. When we feel weak, overwhelmed, or inadequate, we can trust in His power to sustain us and carry us through any trial or difficulty.

Dear Friends, as runners' lace up their shoes and hit the pavement; they must draw on their inner resources and push themselves to new heights.

Similarly, Christians must lean on God's grace and find strength in their weakness. Just as runners train their bodies to endure the physical demands of their sport, Christians must train their minds and hearts to endure the challenges of life.

The art of running is a journey of self-discovery and growth. It teaches us valuable lessons about resilience, tenacity, and perseverance. Great Friends! Just as runners must overcome physical obstacles to reach the finish line, Christians must overcome spiritual obstacles to reach their heavenly reward.

In Conclusion, the art of running is not just about the physical act of putting one foot in front of the other-it is about finding strength in weakness, perseverance in adversity, and courage in the face of challenges. Just as runners must train their bodies and minds to endure the rigors of their sports, Christians must train their spirits, and souls to endure the trials of life.

When we feel weak, inadequate, or overwhelmed, we can turn to God for strength and grace. He is our refuge and rock, our ever-present help in times of trouble. Brothers and Sisters, as we run the race marked out for us, let us fix our eyes on Jesus and

draw on His strength to see us through. Just as runners push themselves to their limits in pursuit of greatness, let us also push ourselves to grow in faith, hope, and love.

The Journey of a runner is not always easy, but it is in overcoming obstacles and persevering through challenges that true strength is revealed. Similarly, in our spiritual journey, it is through trials and struggles that we can experience the power and presence of God working within us. So let us run with endurance the race set before us, knowing that God's grace is sufficient for us and this power is made perfect in our weakness.