



CHAPTER THREE

PREPARING YOUR MIND

Have you ever taken the time to consider what goes on inside your mind when you are running? The thoughts that race through your head as your feet pound the pavement, the constant stream of chatter that can either motivate or hinder your progress. It's often said that running is as much a mental game as it is a physical one, and I couldn't agree more.

In the book of *Philippians*, the apostle Paul writes chapter 4, verse 8:

"Finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or think praise worthy- think about such things"

This verse is a powerful reminder of the importance of what we allow our minds to dwell on. As runners, it is crucial that we guard our thoughts and fill our minds with positivity, encouragement, and truth.

Great friends, as I lace up shoes and hit the open road, I often find my mind wandering to various places. Sometimes I'm preoccupied with the stresses of daily life, the endless to-do lists and deadlines looming over me. Other times, I'm lost in a sea of negative thoughts, doubting my abilities and questioning whether I have what it takes to reach my goals.

But then I remember the words of *Philippians 4:8* and I begin to refocus my mind on what is true, noble and right, pure, lovely, and admirable.

I think about the beautiful sunrise casting a warm glow over the horizon, the sound of birds chirping in the trees, the feel of the cool morning air against my skin. I reminded myself of the strength and resilience of my body, the countless miles I've already conquered and the endless possibilities that lie ahead. Then I meditate on the fact that I am fearfully and wonderfully made, created with a unique purpose and destined for greatness.

Friends, as I run, I recite other scriptures from the book of *Philippians* that help me prepare my mind for the journey ahead. *Philippians 4:6-7* reminds me not to be anxious about anything, but to pray about everything and trust in peace that surpasses all understanding. *Philippians 4:13* declares that I

can do all things through Christ who gives me strength, empowering me to push past my limits and conquer every obstacle in my path.

I also draw inspiration from **Philippians 3:13-14**, which encourages me to forget what is behind and press on towards the goal set before me. With each step I take, I leave behind the doubts, fears and failures of yesterday, focusing instead on the prize that awaits me at the finish line. I fix my eyes on the ultimate prize of heaven, knowing that my earthly struggles are only temporary and that my true identity lies in Christ alone.

Dear children of God, as I run, I am reminded of the importance of preparation in all areas of my life, including my mental well-being. Just as I would not embark on a long run without fueling my body with proper nutrition and hydration, I must also take the time to nourish my mind with positive thoughts, uplifting words, and the promises of God's word. In doing so, I am better equipped to face the challenges of the road ahead and to emerge stronger, wiser, and more resilient than ever before.

So I challenge you, fellow runners, to take a moment to prepare your mind for the journey ahead: Reflect on the words of **Philippians 4:8** and

fill your thoughts with everything that is true, noble, right, pure, lovely, and admirable. Meditate on the promises of God's word and allow His truth to guide you every step of the way. And remember, as you run the race set before you, you are never alone - God is with you, cheering you on, and empowering you to reach new heights and achieve your wildest dreams. So lace up your shoes, hit the open road, and prepare your mind for the adventure of a lifetime. The best is yet to come.