

EPILOGUE

In the exhilarating journey through the pages of “**The Art of Running**”, we have explored the depths of the human spirit, the discipline of the mind, and the power of perseverance. We have discovered that running is not just a physical activity, but a profound metaphor for life itself. And as we reach the end of this literary odyssey, let us reflect on the lessons learned and the wisdom gained through the art of running.

Throughout this book, we have delved into the physical, mental, and spiritual aspects of running. We have learned about the importance of persevering, enduring, and looking into the one who has called us into this race of life. We have explored the mental fortitude required to push through pain, fatigue, and self-doubt. And we have discovered the spiritual connection between running and the soul, finding solace, clarity and purpose on the open road.

In the final chapters of our journey, we are reminded of the timeless wisdom found in the Holy Scriptures. And as we lace up our running shoes I'm prepared to face the challenges that lie

ahead, let us draw inspiration from the word of God and find strength in His promises.

In the Book of *Isaiah*, we read:

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint”. (Isaiah 40:31)

This passage reminds us that when we place our trust in God, He will give us the strength to endure, to persevere, and to overcome any obstacle that stands in our way. Just as a runner finds renewed energy and vitality in the midst of the race, so too will we find our spirit lifted and our resolve renewed when we place our hope in the Lord.

We are encouraged in the book of *Hebrews*:

“Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith”. (Hebrews 12:1-2)

These words remind us that our journey in life is like a race, with twists and turns, ups and downs, and challenges that test our resolve. But when we fix our eyes on Jesus, the author and finisher of our

faith, we can run with perseverance, knowing that He is with us every step of the way, guiding us, and sustaining us, and ultimately leading us to victory.

Friends! As we close the final chapter of “The Art of Running”, let us remember the lessons learned, the wisdom gained, and inspiration found in these pages. Let us continue to embrace the act of running as a metaphor for life, a journey of faith, perseverance, and triumph. Let us never forget that we do not run alone, but with the Lord by our side, cheering us on, encouraging us, and empowering us to reach the final line.

So as we are back on the next leg of our journey, may we run with endurance, run with purpose, and run with joy, knowing that the art of running is not just a physical activity, but a profound and transformative experience that shapes our body, mind, and soul. May we always remember that in the race of life, the ultimate prize awaits those who run with faith, hope and love. Amen.

Other Books by Authur

1. **Commandos of the Kingdom:** Commandos of the Kingdom is a classic on Christian Spirituality. It is full of timeless wisdom, unchangeable truths, practical ideas and opinions on the path of serving God and winning souls for Christ. It provides concrete advices for improving oneself and waging war against the devil and all the enemies of the Kingdom of Heaven. On every step, the true soldier of Christ is trained, prepared, empowered and reminded how they should conduct themselves, so that they can accomplish their missions for God with speed, efficacy and ease.



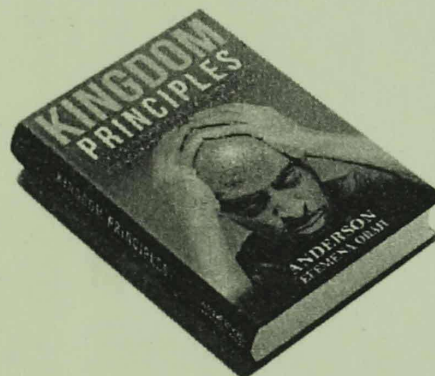
2. **Commandos of the Kingdom Reloaded:** Commandos of The Kingdom Reloaded is a captivating and action-packed Classic book for modern-day warriors on a mission to spread the love and truth of Jesus Christ.

Join these fearless soldiers as they battle darkness, rescue the lost, and bring hope to a world in desperate need of salvation. Filled with adrenaline-pumping adventure and powerful spiritual insights, this book will inspire and challenge readers to answer the call to be warriors for Christ in their own lives. Get ready to be equipped, empowered, and unleashed as a Commando of the Kingdom!



3. **Kingdom Principles for Overcoming Prejudices, Stereotypes and Discrimination:** In this powerful and timely book, readers will discover the Kingdom principles that can help them overcome prejudices, stereotypes, and discrimination. Drawing on biblical wisdom and practical guidance, the author provides a roadmap for breaking down barriers and building a culture of love, respect, and unity. Through

personal stories and practical strategies, readers will be equipped to confront and challenge their own biases, while also learning how to make a positive impact in their communities. This book is a call to action for all Christians to live out the radical love and inclusivity modeled by Jesus Christ.



THE ART OF RUNNING

The Art of Running" is not just a physical pursuit, but a journey of faith and perseverance. In this inspiring Classic Christian book, you'll discover how running can be a metaphor for the Christian walk, with lessons on endurance, discipline, and trusting in God's plan for your life. Let the pages of this book motivate you to lace up your shoes and run with purpose, knowing that with God by your side, you can overcome any obstacle that comes your way. Embrace the art of running as a spiritual practice and experience the joy of running towards your heavenly goals.



Apostle Anderson Efemena Obah is a devoted husband to Blessing Obah a renowned gospel singer, and a proud father of five children. He is the Founder of Around the World Ministry International and he uses his platform as a preacher of the gospel and a motivational speaker to inspire others to unlock their potential and live purposefully. Apostle Anderson is not only a leader in his community but also a public speaker who is dedicated to making a positive impact on the lives of those around him. With a degree in sociology, he brings a unique perspective to his teachings and writings, encouraging readers to embrace the art of running towards their heavenly goals with faith and determination.

ISBN 978-978-955-852-0



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