

1. Intro

- (Outsider, "A Brief History of the Sub-4-Minute Mile, 2017) 1st recorded human 4 minute mile – May 1954 medical student, Roger Bannister ran 3:59.4/England
- Barrier broken, less than 6-weeks later at track meet, June 1954 Australian John Landy ran 3:58. August 1954, 2 months later, Bannister vs. Landry in Canada both ran sub 4...no longer impossible, now it was a competitive/challenging
- Run On...Hebrews 12:1-2 NIV
 - 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. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:1-2 (NIV)

2. Beginning - Train/Set up/end goal (Our motivation/example– Eph 3, 2, 1)

- a. Walk this way! Lets take a look at God...
- b. Plan - aiming for? Eph 3:8,9 Mysterious plan, kept secret (3:6 the plan). Creator hid it in Himself...not going to be found until He says it is time.
 - Eph 3:8,9 NIV Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ, and to make plain to everyone the administration
 - Eph 3:6 NIV the plan - This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.
- c. Purpose/intent - What is God up to?
 - i. Eph 3:10 NIV - His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms,
 - ii. Eph 2:15-22
 - iii. Eph 1:13,14 NIV - And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory
 - iv. Eph 2:22 NIV - And in him you too are being built together to

become a dwelling in which God lives by his Spirit.

3. Middle - Adjust - to what end? (Psalm 37 delight) (Eph 3

- a. Delight Ps 37
- b. Adjust Eph 3:11-20; 4:1

4. End - Focus (Eph 3:10 NIV - His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms)

- a. Enemy
- b. God

5. Conclusion

- a. Follow God's example
- b. Make Adjustments
- c. Win the long game!