

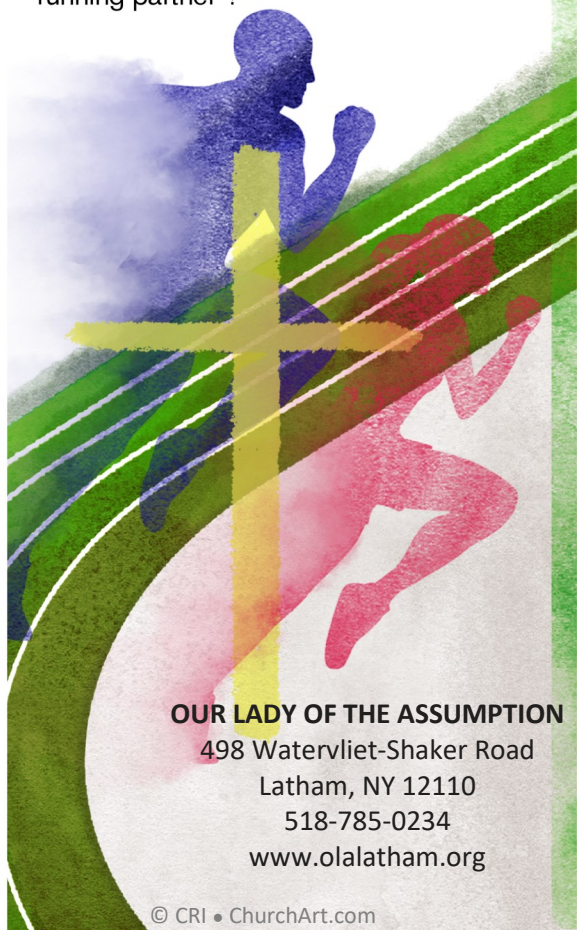
# RUNNING the RACE

## SUMMER Reading Plan

### Life — and exercise — move at different paces for different people.

Some enjoy leisurely walks, strolls or rolls, while others speed-walk, jog or even sprint. Some people have a 26.2 sticker on their vehicle, indicating they've run a marathon, while others boast of running a half-marathon (13.1) or no marathon (0.0)!

Thankfully, you don't have to be an athlete of any kind to run the Christian "race." The Bible uses running metaphors, however, to encourage followers of Jesus to train, focus, persevere and attain the heavenly prize. Use this Summer Reading Plan to strengthen your faith and your relationship with Jesus. Complete one square each day or every other day, and you'll journey through significant chunks of the New Testament this summer. Feel free to invite a friend or family member to join you as a "running partner"!



OUR LADY OF THE ASSUMPTION

498 Watervliet-Shaker Road

Latham, NY 12110

518-785-0234

www.olalatham.org

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### Mile 1 Read Philippians 1

Re-read verse 6 and consider how your faith journey is a work in progress.

### Mile 3 Read Philippians 3

Look back at verses 13 and 14, and brainstorm a list of ways to keep your eyes on the heavenly "prize."

### Mile 5 Read Colossians 1

Re-read verse 11. Name three specific ways God gives you strength and endurance.

### Mile 7 Read Colossians 3

Look back at verses 23 and 24. What keeps you running for God, not for other people or for personal accolades?

### Mile 9 Read 1 Timothy 1

Doodle about how God's law keeps you from wandering away from him.

### Mile 11 Read 1 Timothy 3

What aspects of staying "above reproach" are most challenging for you as a follower of Jesus?

### Mile 13 Read 1 Timothy 5

Anonymous perform a kind deed for someone in your family or community.

### Mile 15 Read 2 Timothy 1

Describe specific ways your life reveals a spirit of power, a spirit of love and a spirit of self-discipline.

### Mile 17 Read 2 Timothy 3

Add a daily Bible-reading time to your spiritual training regimen.

### Mile 19 Read James 1

Look back at verse 12. Reflect on how God has kept his promises to you. How does that help you during times of trial?

### Mile 21 Read James 3

Re-read verses 17 and 18. Pray for godly wisdom as you continue your faith journey.

### Mile 23 Read James 5

After re-reading verse 19, think of ways to reach out to people who have wandered away from God.

### Mile 25 Read John 20:1-18

Consider how the good news of Jesus' resurrection gives you reasons to run and share the Gospel message.

**Mile 26.2 Read Revelation 2:10** Praise God aloud: "Come, Lord Jesus!"

### ➔ Mile 2 Read Philippians 2

Re-read verse 5 and pray to have the same attitude as Jesus.

### Mile 4 Read Philippians 4

Write verse 13 on a sticky note and place it where you'll see it daily.

### Mile 6 Read Colossians 2

Review verses 6 and 7, make a gratitude list and say a prayer of thanks to God.

### Mile 8 Read Colossians 4

Write a note or letter to someone who needs spiritual encouragement.

### Mile 10 Read 1 Timothy 2

Re-read verses 5 and 6. Offer praise to Jesus for being our mediator and ransom — and for running the race perfectly for us.

### Mile 12 Read 1 Timothy 4

As you exercise, ponder verse 8 and brainstorm ways to build your spiritual muscles.

### Mile 14 Read 1 Timothy 6

Review verses 11 and 12. In what ways might faith be viewed as a fight? To whom have you made bold profession of your faith?

### Mile 16 Read 2 Timothy 2

Re-read verse 5. The next time you participate in or watch a sporting event, compare the value of God's "victor's crown" to earthly achievements.

### Mile 18 Read 2 Timothy 4

Memorize verse 7. Think about people you know who have already "finished the race." How can their example strengthen you?

### Mile 20 Read James 2

Put your faith into action today by meeting someone's needs.

### Mile 22 Read James 4

Review verse 8. Confess your sins to God and ask him to come near you.

### Mile 24 Read Luke 15:11-32

When have you run away from God? What brought you back? When have you seen proof of God running toward you (see verse 20, as well as James 4:8)?

### ➔ Mile 26 Read 1 John 1

Re-read verse 7. Write "Walk in the Light" on a sticky note, and place it by a lamp or light switch.