



## How Do You Get to The Finish Line? (Develop Stamina)

April 17, 2022

### Series Review: Four Elements Necessary to Finish

1. **Consistency:** April 6, 2022 (You must routinely invest to finish strong)
2. **Time:** April 10, 2022 (You must respect time to finish) ... Palm Sunday
3. **Stamina:** Live-Easter Sunday April 17, 2022 (You need prolonged mental and physical effort)
4. **Faith:** April 24, 2022 (You must believe in God, yourself, and others to finish)

### Review Series Text: Series Scripture John 19: 28-30

- **28** After this, Jesus, **knowing that all things were now accomplished**, that the Scripture might be fulfilled, said, “I thirst!” **29** Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put *it* on hyssop, and put *it* to His mouth. **30** So when Jesus had received the sour wine, He said, “**It is finished!**” And bowing His head, He gave up His spirit.

**Note Presentation: Five Day Passion Week Map:** <https://bg3-blog.s3.amazonaws.com/blog/wp-content/uploads/2014/04/QuickViewBiblepassion.jpg>

### I. Do You Have the Stamina to Finish?

**Stamina Defined:** The ability to withstand prolonged mental and physical effort. It is in short having “staying power.” (New Oxford)

### II. Four Things Stamina Requires

24 Then Jesus said to his disciples, “**Whoever wants** to be my disciple must **deny themselves** and **take up their cross** and follow me.

1. Stamina Requires Desire (Matthew 16:24–27)
2. Stamina Requires Self-denial
3. Stamina Requires Painful cross-like sacrifice
4. Stamina Leads to long-term rewards (**The reward is based on “what they have done”**)

- 25 For whoever wants to save their life will lose it, but whoever loses their life for me will find it. 26 What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? 27 For the Son of Man is going to come in his Father's glory with his angels, and then **he will reward each person according to what they have done.**

**Question:** What have you done?

**Conclusion:**

### **III. Jesus Has Done His Part The Question is Will You Do Your Part?**

- Romans 5:2–5: And we boast in the hope of the glory of God. **3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope.** 5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

**Next Time:** You must consistently walk in faith to finish

**Read Ahead: James 1:5-8**