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It is sufficiently evident that the apostle alludes to the athletic exercises in the games which were celebrated every fifth year on the isthmus, or

narrow neck of land, which joins the Peloponnesus, or Morea, to the main land; and were thence termed the Isthmian games. The exercises were running, wrestling, boxing, throwing the discus or quoit, etc.; to the three first of these the apostle especially alludes.

Adam Clarke

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PEOPLE GET READY

By Crystal Lewis

Lord I'm ready now I'm waiting for Your triumphant return You're coming so soon This world has nothing for me I find my peace and joy solely in You Only in You

Matthew 6:10 Thy kingdom come. Thy will be done in earth, as *it is* in heaven.

Romans 8:18-24 For I consider that the sufferings of this present time are not worthy to be compared with the glory which will be revealed toward us. For the creation waits with eager expectation for the children of God to be revealed. For the creation was subjected to vanity, not of its own will, but because of Him who subjected it, in hope that the creation itself also will be delivered from the bondage of decay into the liberty of the glory of the children of God. For we know that the whole creation groans and travails in pain together until now. Not only so, but ourselves also, who have the first fruits of the Spirit, even we ourselves groan within ourselves, waiting for adoption, the redemption of our body.

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

In it, not of it. Romans 12:2

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2 Corinthians 5:2-4 For most assuredly in this we groan, longing to be clothed with our habitation which is from heaven; if so be that being clothed we will not be found naked. For indeed we who are in this tent do groan, being burdened; not that we desire to be unclothed, but that we desire to be clothed, that what is mortal may be swallowed up by life.

Philippians 1:21-26 For to me to live is Christ, and to die is gain. But if I live on in the flesh, this will bring fruit from my work; yet I don't make known what I will choose. But I am in a dilemma between the two, having the desire to depart and be with Christ, which is far better. Yet, to remain in the flesh is more needful for your sake. Having this confidence, I know that I will remain, yes, and remain with you all, for your progress and joy in the faith, that your rejoicing may abound in Christ Jesus in me through my presence with you again.

2 Peter 2:7-9 [God] delivered righteous Lot, who was very distressed by the lustful life of the wicked (for that righteous man dwelling among them, was tormented in his righteous soul from day to day with seeing and hearing lawless deeds): the Lord knows how to deliver the godly out of temptation and to keep the unrighteous under punishment for the day of judgment;

Ezekiel 9:1-6 He cried also in mine ears with a loud voice, saying, Cause them that have charge over the city to draw near, even every man *with* his destroying weapon in his hand. And, behold, six men came from the way of the higher gate, which lieth toward the north, and every man a slaughter weapon in his hand; and one man among them was clothed with linen, with a writer's inkhorn by his side: and they went in, and stood beside the brasen altar. And the glory of the God of Israel was gone up from the cherub, whereupon he was, to the threshold of the house. And he called to the man clothed with linen, which had the writer's inkhorn by his side; And the LORD said unto him, Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that sigh and that cry for all the abominations that be done in the midst thereof. And to the others he said in mine hearing, Go ye after him through the city, and smite: let not your eye spare, neither have ye pity: Slay utterly old and young, both maids, and little children, and women: but come not near any man upon whom is the mark; and begin at my sanctuary. Then they began at the ancient men which were before the house.

Hebrews 12:1 Therefore let us also, seeing we are surrounded by so great a cloud of witnesses, lay aside every weight and the sin which so easily entangles us, and let us run with patience the race that is set before us, Mark 4:17when affliction or persecution ariseth for the word's sake...

Mark 4:19 And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in...

Luke 21:34 ... your hearts be overcharged with surfeiting, and drunkenness, and cares of this life.... **1 Peter 2:1** Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings,

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Philippians 3:8-11 Yes most assuredly, and I count all things to be loss for the excellency of the knowledge of Christ Jesus, my Lord, for whom I suffered the loss of all things, and count them nothing but refuse, that I may gain Christ and be found in Him, not having a righteousness of my own, that which is of the law, but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him, and the power of His resurrection, and the fellowship of His sufferings, becoming conformed to His death; if by any means I may attain to the resurrection from the dead.

Philippians 3:12-14 Not that I have already obtained, or am already made perfect; but I press on, if it is so that I may take hold of that for which also I was taken hold of by Christ Jesus. Brothers, I don't regard myself as yet having taken hold, but one thing I do. Forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal for the prize of the high calling of God in Christ Jesus.

1 Timothy 4:7-8 ...train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

2 Timothy 4:6-8 For I am already being offered, and the time of my departure has come. I have fought the good fight. I have finished the course. I have kept the faith. From now on, there is stored up for me the crown of righteousness, which the Lord, the righteous judge, will give to me on that day; and not to me only, but also to all those who have loved His appearing.

Hebrews 12:2-4 looking to Jesus, the author and perfecter of faith, who for the joy that was set before Him endured the cross, despising shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such contradiction of sinners against Himself, that you don't grow weary, fainting in your souls. You have not yet resisted to blood, striving against sin;

Hebrews 12:5-8 and you have forgotten the exhortation which reasons with you as with children, "My son, don't take lightly the chastening of the Lord, Nor faint when you are reproved by Him; For whom the Lord loves, He chastens, And scourges every son whom He receives." It is for discipline that you endure. God deals with you as with children, for what son is there whom his father doesn't discipline? But if you are without discipline, of which all have been made partakers, then are you illegitimate, and not children.

Hebrews 12:9-11 Furthermore, we had the fathers of our flesh to chasten us, and we paid them respect. Shall we not much rather be in subjection to the Father of spirits, and live? For they indeed, for a few days, punished us as seemed good to them; but He for our profit, that we may be partakers of His holiness. All chastening seems for the present to be not joyous but grievous; yet afterward it yields the peaceful fruit of righteousness to those who have been exercised thereby.

1 Corinthians 9:24-27 Don't you know that those who run in a race all run, but one receives the prize? Run like that, that you may win. Every man who strives in the games exercises self-control in all things. Now they do it to receive a corruptible crown, but we an incorruptible. I therefore run like that, as not uncertainly. I fight like that, as not beating the air, but I beat my body and bring it into submission, lest by any means, after I have preached to others, I myself should be rejected.



All those who contended in these exercises went through a long state and series of painful preparations. To this exact discipline Epictetus refers, cap. 35:

"Do you wish to gain the prize at the Olympic games? -Consider the requisite preparations and the consequences: you must observe a strict regimen; must live on food which you dislike; you must abstain from all delicacies; must exercise yourself at the necessary and prescribed times both in heat and in cold; you must drink nothing cooling; take no wine as formerly; in a word, you must put yourself under the directions of a pugilist, as you would under those of a physician, and afterwards enter the lists. Here you may get your arm broken, your foot put out of joint, be obliged to swallow mouthfuls of dust, to receive many stripes, and after all be conquered."

Adam Clarke

2 Timothy 2:5 Also, if anyone competes in athletics, he isn't crowned unless he has competed by the rules.



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The crown won by the victor in the Olympian games was made of the wild olive; in the Pythian games of laurel; in the Nemean games of parsley; and in the Isthmian games of the pine. These were all corruptible, for they began to wither as soon as they were separated from the trees, or plucked out of the earth. In opposition to these, the apostle says, he contended for an incorruptible crown, the heavenly inheritance. He sought not worldly honor; but that honor which comes from God.

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Proverbs 4:1-9 Listen, sons, to a father's instruction. Pay attention and know understanding; For I give you sound learning. Don't forsake my law. For I was a son to my father, Tender and an only child in the sight of my mother. He taught me, and said to me: "Let your heart retain my words. Keep my commandments, and live. Get wisdom. Get understanding. Don't forget, neither swerve from the words of my mouth. Don't forsake her, and she will preserve you. Love her, and she will keep you. Wisdom is supreme. Get wisdom. Yes, though it costs all your possessions, get understanding. Esteem her, and she will exalt you. She will bring you to honor, when you embrace her. She will give to your head a garland of grace. She will deliver a crown of splendor to you."

Hebrews 12:12-17 Therefore, lift up the hands that hang down and the feeble knees, and make straight paths for your feet, so that which is lame may not be dislocated, but rather be healed. Follow after peace with all men, and the sanctification without which no man will see the Lord, looking carefully lest there be any man who falls short of the grace of God; lest any root of bitterness springing up trouble you, and thereby the many be defiled; lest there be any sexually immoral person, or profane person, as Esau, who sold his birthright for one meal. For you know that even when he afterward desired to inherit the blessing, he was rejected, for he found no place for a change of mind though he sought it diligently with tears.

Hebrews 12:18-21 For you have not come to a mountain that might be touched, and that burned with fire, and to blackness, darkness, tempest, the sound of a trumpet, and the voice of words; which those who heard it begged that not one more word should be spoken to them, for they could not stand that which was commanded, "If even an animal touches the mountain, it shall be stoned " and so fearful was the appearance, that Moses said, "I am terrified and trembling."

Hebrews 12:22-24 But you have come to Mount Zion, and to the city of the living God, the heavenly Jerusalem, and to innumerable multitudes of angels, to the general assembly and assembly of the firstborn who are enrolled in heaven, to God the Judge of all, to the spirits of just men made perfect, to Jesus, the mediator of a new covenant, and to the blood of sprinkling that speaks better than that of Abel.

Ecclesiastes 9:4-8 For to him who is joined with all the living there is hope; for a living dog is better than a dead lion. For the living know that they will die, but the dead don't know anything, neither do they have any more a reward; for the memory of them is forgotten. Also their love, their hatred, and their envy has perished long ago; neither have they any more a portion forever in anything that is done under the sun. Go your way--eat your bread with joy, and drink your wine with a merry heart; for God has already accepted your works. Let your garments be always white, and don't let your head lack oil.

Ecclesiastes 9:9-12 Live joyfully with the wife whom you love all the days of your life of vanity, which he has given you under the sun, all your days of vanity: for that is your portion in life, and in your labor in which you labor under the sun. Whatever your hand finds to do, do it with your might; for there is no work, nor device, nor knowledge, nor wisdom, in Sheol, where you are going. I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favor to men of skill; but time and chance happen to them all. For man also doesn't know his time. As the fish that are taken in an evil net, and as the birds that are caught in the snare, even so are the sons of men snared in an evil time, when it falls suddenly on them.



James 1:12 Blessed is the man who endures temptation, for when he has been approved, he will receive the crown of life, which the Lord promised to those who love Him. People get ready Jesus is coming To take from the world His own

There will be a day When we will be divided right and left For those who know Him And those who do not know Those who know Him well Will meet Him in the air Hallelujah God is with us Those who do not know They will hear "Depart, I knew you not" For my friends you see There will be a day when well be counted So know Him well, know Him well



BROTHERLY KINDNESS

GODLINESS

PERSEVERANCE

SELF CONTROL

KNOWLEDGE

MORAL EXCELLENCE





HAPPY SABBATH DAY!

KEEP IT HOLY!

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Look unto Jesus!

