

**BOOK OF GALATIANS  
RUNNING WELL  
PART 3-RUNNING WITH DISCIPLINE!  
GALATIANS 5:7-8; PHILIPPIANS 3**

**INTRODUCTION**

We stepped away from our series in Galatians a couple of weeks ago to focus on Christmas, but this morning we return where we left off because what we see here can help us in this New Year before us if we will take heed to it!

We return to our text this morning where we left off. **Paul is commending the Galatians here for having run a good race in the past!**

When Paul preached the Gospel to them, **they had started off good, but now they were being hindered from running the race!** (i.e. They were being hindered from obeying the truth!)

Something had happened to "*knock them off track*" because at the writing of this **they were not running well!** In Scripture we sometimes find that **life is compared to running a race! Every saved person has a race to run!**

We are looking at this and some other passages where this analogy is used!

God has a plan for each of our lives! (i.e. A race, so to speak!) He wants us to **RUN THE RACE that He has given us and RUN IT WELL WITH DILIGENCE!**

If something knocks us off track, **WE WILL NOT RUN WELL!**  
NOR will we bring honor to the one we are running the race for!

Our desire should be not only to **RUN WELL**, but our goal should be to **FINISH WELL!** To do both of those two things, we've said **there are some things we need to know and do!**

In our first message, we looked at **THE FIRST AND MOST IMPORTANT POINT: TO RUN WELL WE MUST RUN ON THE RIGHT ROAD!**

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*Matthew 7:13 "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: 14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."*

In our last message three weeks ago, we looked at the second thing: **TO RUN WELL WE MUST RUN WITH A RIGHT FOCUS—A FOCUS ON OUR LORD JESUS CHRIST!**

*Hebrews 12:2 "Looking unto Jesus the author and finisher of our faith..."*

This morning as we continue to look at this matter of **RUNNING WELL**, let's **TURN TO PHILIPPIANS 3:7-16!**

**TODAY LET'S SEE THAT FOR US TO RUN WELL WE MUST RUN WITH DISCIPLINE! (Philippians 3:7-16)**

**Discipline has a lot to do with how one runs a race!**

**I. ONE WHO IS DISCIPLINED AVOIDS HAVING A DEFEATED ATTITUDE—i.e. EXPECT TO WIN! (Philippians 3:13)**

One great thing about Paul is that he had a **winning attitude** no matter what was going on around him!

A fellow by the name of Clement Stone once said, "*There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.*"

Have you ever seen anyone who was interviewed before an Olympic event that said something like this:

*"I don't expect to win, I just came here to run the race."*

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It is like the quote from Leo Tolstoy's "*War and Peace*" where he wrote: "*We lost because we told ourselves we lost.*"

**A. We Are Not To Dwell On Past Failures!**

*"Forgetting those things which are behind."*

**When we fall or get knocked down we're not to let it keep us down and cause us to quit! We are to put it behind us, forget it, then, get back up and start running again!**

*Proverbs 24:16 "For a just man falleth seven times, and riseth up again:..."*

*In the 2008 Big 10 Indoor Track Championships, Heather Dorniden was running in the Women's 600-meter run. The race is three laps around a 200 meter track. Just at the end of the second lap as she had just taken the lead, the runner in second place nipped the back of her heel and she fell. Undeterred, Heather got back up and sprinted from last to first in the final lap.*

**B. We Are Not To Dwell On Who We Are But Rather Whose We Are And Who Indwells Us!**

*Philippians 4:13 "I can do all things through Christ which strengtheneth me."*

*Galatians 2:20 "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."*

*1 Corinthians 6:19-20*

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**C. We Are Not To Listen To Those Who Say That We Can't Do It Or Who Don't Want Us To Do It!**

Listening to the wrong crowd can discourage us and cause us to quit!

*ONE WHO IS DISCIPLINED AVOIDS HAVING A DEFEATED ATTITUDE—i.e. EXPECT TO WIN!*

**II. ONE WHO IS DISCIPLINED AVOIDS HAVING A DIVIDED ATTITUDE—BY KEEPING THE MAIN GOAL BEFORE THEM! (Philippians 3:7-8)**

*James 1:8—"A double minded man is unstable in all his ways."*

**A. Winning Takes A Right Sacrifice With The Right Attitude!**

*1 Corinthians 9:25—"And every man that striveth for the mastery is **temperate** in all things."*

**"Temperate"** means **"to exercise self-restraint."**

- 1. "But what things were gain to me, those I counted loss for Christ." (vs 7)*
- 2. "Yea doubtless, and I count **all** things but loss for the excellency of the knowledge of Christ Jesus my Lord... (Vs 8a)*
- 3. "...for whom I have suffered the loss of all things..." (Vs 8b)*
- 4. "...and do count them but dung" (vs 8c)*

*Hebrews 12:1—Lay aside weights and sins!*

*1 John 2:15—Love not the world...! (e.g. Demas)*

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**B. Winning Takes A Right Devotion With The Right Motives!**

**(A devotion toward God...for His honor and glory!)**

*ONE WHO IS DISCIPLINED AVOIDS HAVING A DEFEATED ATTITUDE— EXPECT TO WIN!*

*ONE WHO IS DISCIPLINED AVOIDS HAVING A DIVIDED ATTITUDE—BY KEEPING THE MAIN GOAL BEFORE THEM!*

**III. ONE WHO IS DISCIPLINED AVOIDS HAVING AN ARROGANT ATTITUDE—BECAUSE NONE OF US HAVE ARRIVED YET! (*Philippians 3:12-13*)**

**A. We Are Not To Dwell On Past Victories!**

Past victories DO NOT assure victory today!

*(Have you ever seen someone so arrogant that they thought they only had to show up to get the medal?)*

**B. We Are Not To Dwell On Who We Are But On Who Christ Would Have Us To Be!**

It is not about US, but about CHRIST IN US!

**C. We Are Not To Listen To Those Who Brag On Us! (Because we can get overconfident!)**

*2 Corinthians 3:5—"Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God."*

We must die to self. *(Exp: Neither positive comments nor negative affects affect a dead person!)*

**IV. ONE WHO IS DISCIPLINED AVOIDS HAVING AN IGNORANT ATTITUDE—BY KNOWING THE GOAL!**

Do you have spiritual goals in your life? Do you know God's will for your life? Do you know what God's objective is for you in the race?

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*(Example—My first time playing the Glynco Golf Course #3 par 4 — #5 Green)*

**A. Know What The Goal Is—Win Christ! (*vs 8-10*)**

1. Be Found In Him And His Righteousness!

2. Know Him! (Experientially!)

3. Know The Power Of His Resurrection!  
*(Galatians 2:20; Romans 6:4-13)*

4. Know The Fellowship Of His Suffering!

*Know What The Goal Is—Win Christ!*

**B. Know Where The Goal Is—Before Us! (*vs 13*)**

Onward...Forward...Pressing Ahead! No turning back!

**V. ONE WHO IS DISCIPLINED AVOIDS HAVING A COMPLACENT ATTITUDE—NEVER LETTING UP UNTIL THE RACE IS OVER! (*vs 14*)**

*"I press toward the mark..."*

A. Keep Up Areas Of Victory. (*vs 16*)

B. Zeal Is Important.

**Conclusion**

*Are You Running On The Right Road? (Are you Born Again?)*

*Are You Running With A Right Focus? (Are you Focused On Jesus?)*

*Are You Running With A Disciplined Attitude?: **1 Corinthians 9:24-27***

*Avoiding A Defeated Attitude—Expect To Win!*

*Avoiding A Divided Attitude—By Keeping The Main Goal Before Us*

*Avoiding An Arrogant Attitude—Because None Of Us Have Arrived*

*Avoiding An Ignorant Attitude—By Knowing Our Goal*

*Avoiding A Complacent Attitude—By Never Being Letting Up Until The Race Is Over!*