

LESSON 2: AN ATHLETE

The Disciple's Commitment

*...Run in such a way that you may obtain it.
(1 Cor. 9:24)*

Athletics In First Century

- ⌚ The ancient Greeks were noted for their devotion to the games and gymnastic sports. They believed it was just as important to develop the body as it was to educate the mind.
- ⌚ As a rule, the Jews found the games to be offensive.
 - ⌚ The games were a form of idolatry.
 - ⌚ The contestants trained and competed in the nude.

Athletics In First Century

- ☛ There were four primary games: the Isthmian, Nemean, Pythian, and the Olympian.
- ☛ The Olympian games, held every four years, were the most celebrated of these events.
- ☛ The Isthmian games were held every two years just outside of Corinth.

Athletics In First Century

- The games consisted of a number of events, including different kinds of races, jumping, discus, javelin, wrestling, boxing, and even contests between heralds and trumpeters.

Athletics In First Century

- ☞ Contestants were trained under very strict rules and supervision.
- ☞ Thirty days before the events began they resided at one place where they exercised regularly, followed a strict diet, avoided luxuries, and got sufficient rest.
- ☞ If a contestant failed to follow these rules, he was disqualified from the games.

Athletics In First Century

- ☞ These games were still very popular in the first century.
- ☞ Stadiums were built in various places across the Roman Empire as large crowds of people came to watch the contests.
- ☞ Because of their popularity, Paul made good use of the games as illustrations throughout his epistles. The athlete provides an excellent example of the kind of commitment that Jesus requires from His disciples.

Commitment Of An Athlete

1. Must be committed to rigorous training

☞ 1 Corinthians 9:24-27

☞ temperate in all things (Gal. 5:23; 2 Pet. 1:6)

☞ self-mastery (Matt. 5:29-30; Gal. 2:20)

☞ exercise toward godliness (1 Tim. 4:7-8)

Commitment Of An Athlete

2. Must be committed to competing by the rules

☞ Luke 14:26-27

☞ 2 Timothy 2:5

☞ 1 Corinthians 9:27

Commitment Of An Athlete

3. Must run to win

- ☞ Hebrews 12:1

- ☞ Hebrews 10:36

- ☞ 1 Corinthians 9:24, 26

- ☞ Colossians 3:1-2

- ☞ Philippians 3:12-14

The Commitment Of A Disciple

1. We must be committed to rigorous training
2. We must be committed to competing by the rules
3. We must run to win