



YouthBytes.org - A Powerful Tool for Youth Workers

YouthBytes is a simple, yet effective tool in the hands of those who have a passion to reach and teach this generation. The Episode Guide is designed to help you implement YouthBytes into your particular setting at whatever level you choose: from a full meeting schedule to just a small video to enhance your meeting. We encourage each worker to add his or her own stories, experiences and illustrations to make your particular scenario work. The discussion questions are also just a starting point and we encourage each group to go further and deal with local issues and topics that might be relevant.

Each YouthByte Episode will include :

- Video summary
- Icebreaker
- Primary Lesson
- Facts, figures and illustrations used in the episode
- Key Scriptures
- Discussion Questions
- Complimentary story

We look forward to getting your feedback and comments for these Episode Guides. Also let us know what subjects you would want new YouthBytes to cover. As always, testimonies are welcome. Comments, ideas, and testimonies can be sent to feedback@youthbytes.org.

Disc 6 ~ Run The Race Endurance



Video Summary

In this episode Chad takes a serious look at his lack of training and endurance and takes steps to win this race, even if it costs him everything. As Chad begins training, he finds himself running, and running and eventually running through India. During this adventure he comes to the realization that this life is not all about him, but by focusing on Christ can we run the race with joy and purpose.



Icebreaker ~ Run like a Serviceman

Two gas company servicemen, a senior training supervisor and a young trainee, were out checking meters in a suburban neighborhood. They parked their truck at the end of the alley and worked their way to the other end. At the last house a woman looking out her kitchen window watched the two men as they checked her gas meter.

Finishing the meter check, the senior supervisor challenged his younger coworker to a foot race down the alley back to the truck to prove that an older guy could outrun a younger one. As they came running up to the truck, they realized the lady from that last house was huffing and puffing right behind them. They stopped and asked her what was wrong. Gasping for breath, she replied, "When I see two gas men running as hard as you two were, I figured I'd better run too!"



Primary Lesson ~ Running the Distance

In any long distance race, you must have endurance. This is true both in running and relationships. Each of us is given countless excuses to give up or quit the race, but it is only when we learn the key ingredients of endurance, that we can make the race profitable to us and those we come in contact with.

First we must realize that it is not by our own ability that the prize is attained. God wants to be involved in this race and give us the needed encouragement to finish, and finish well. Pride would tell us that we can do it on our own, whereas God says you can't do anything without Him.

The second principle is learning that you will fall down and make mistakes. The key to victory is deciding what you will do once you do fall. Will you just lie there and pout or will you get back up and keep running?

The third principle is that you must be aware that you are not running alone. There will always be opportunity for you to help people who fall or encourage people who think they can't make it. Once you have these three principles in the forefront of your mind and spirit, there is no obstacle or hindrance that can ever keep you from running well and finishing the race.

The question has been asked, "How do you eat a turkey dinner?" and the answer is "one bite at a time." This analogy can be applied to running the race in Christ. You can't do the entire thing in one fast push; you must pace yourself and take one mile, one experience, one failure, and one success at a time. God is aware that each success, each failure is an opportunity for growth and will begin to develop endurance in your body and spirit.

As you begin to discipline your body and your spirit, people will take notice and begin to ask what is different about you. In a world where failure is an accepted and almost expected part of life, our expectations from ourselves and people around us have been diminished and we are tempted to think "hey, they failed. What is the big deal?" The big deal is this: You have influence over people you come in contact with and that influence can either be positive or negative. People love winners but unfortunately most model their behavior after losers because anyone can lose, but only a few win. Your endurance, your ability to get back up after you have fallen, and your willingness to win this race, will motivate people around you. We need to run as if every eye is upon us, desperately looking for someone to believe in. Jesus ran an incredible race of endurance and asks us to follow Him, and, in turn, people will follow you as you follow Christ.



Facts, Figures & Illustrations

India is the world's largest, oldest, continuous civilization.

India is the largest English-speaking nation in the world.

The straight line distance between Los Angeles and Bombay is approximately 8,701 miles or 14,002 kilometers.

The Marathon: A long-distance footrace first held at the revival of the Olympic Games in Athens in 1896. It commemorates the legendary feat of a Greek soldier who, in 490 BC, is supposed to have run from Marathon to Athens, a distance of about 40 km (25 miles), to bring news of the Athenian victory over the Persians. This Greek soldier then died after delivering the message.



Key Scriptures (From New King James Version, unless otherwise noted)

1 Corinthians 9:24 ~ Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.

Hebrews 12:1 ~ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

Proverbs 24:16 ~ for though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity. (NIV)

1 Corinthians 11:1 ~ Be ye followers of me, even as I also am of Christ.

Hebrews 12:11 ~ No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. (NIV)

Zechariah 4:6 ~ 'Not by might nor by power, but by My Spirit,' Says the LORD of hosts.

2 Timothy 2:3 ~ You therefore must endure hardship as a good soldier of Jesus Christ.

1 Timothy 6:12 ~ But you, Timothy, man of God: Run for your life from all this. Pursue a righteous life—a life of wonder, faith, love, steadiness, courtesy. Run hard and fast in the faith. Seize the eternal life, the life you were called to, the life you so fervently embraced in the presence of so many witnesses. (MSG)

Philippians 3:13-14 ~ Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.

2 Timothy 4:7 ~ I have fought the good fight, I have finished the race, I have kept the faith.

Jeremiah 12:5 ~ If you have run with the footmen, and they have wearied you, then how can you contend with horses?



Discussion Questions

1. Endurance is the key to running this race for Jesus. What are some poor habits in your life that could affect your ability to cross the finish line? Discuss how you can discipline yourself to break them.
2. We have all seen people fall, morally and spiritually. Discuss the reasons why you were unwilling to help them back up. Would you want someone to help you when you fall?
3. Discuss what you are willing to do or not do to win the race. Are these realistic and attainable goals? Is God asking you to do these things?
4. The hardest part of any marathon is the midway point. It is here that the crowds have ceased and it is you and your will running for the end. This is a crucial time for most runners. Have you slowed down or stopped because you did not feel as if anyone was still cheering you on?

Discuss the importance of having people encourage while you are running this race. If you don't have anyone cheering you on, remember heaven is shouting your name!



Complimentary Stories ~ The World's Fastest Man

Houston McTear was at one time known as the World's fastest human. He is widely considered the fastest sprinter to ever live. He came from the most meager circumstances imaginable: a shack at the end of a dirt road, in the rural backwoods of Florida, where his entire family, including 8 siblings, slept in the same room under a leaking roof, and a bowl of dry cereal was considered a meal. As an untrained high school junior, McTear tied the world record in the 100-yard dash (9.0 seconds).

He was on the verge of global stardom, twice, but lost everything due to bad choices, and a disastrous relationship with a world-class con man. McTear lived homeless on Santa Monica Beach for the better part of the 1980s. With the help of a Swedish sprinting champion, 31-year-old McTear rehabilitated himself and embarked upon a comeback even more surprising than his initial success fourteen years earlier.

Quick Overview of McTear's life:

- He ran a 9.8-second 100-yard dash at age 15, wearing cutoff jeans and sneakers.
- This set a national high school sophomore record in the 100 yard dash.
- He Set world records in both the 60-yard and 60-meter dashes.
- He was featured in *Life* and *People* magazines and appeared twice in *Sports Illustrated*, including the cover in May 1978.
- He qualified for the 1976 and 1980 Olympics.
- He overcame drug addiction and a nine-year layoff to win the European Championships at age 34.