

# SALT & LIGHT

A STUDY *of* BIBLICAL METAPHORS  
*for the* CHRISTIAN LIFE



# A RUNNER IN THE CHRISTIAN RACE



# WHY RUN



## WHY RUN

**Run because of the witness  
of heroic runners**





Air Flow

CLEAN AIR

CLEAN AIR

DRAFT

DRAFT

TURBULENT AIR

TURBULENCE







# WHY RUN

**Run to win the prize**









565

2439

3683

SEBASTIAN  
344

554

546

1481

276

509

882

409

adidas



# 1 Corinthians 9:24

“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.”



“Know ye not that they  
which run in a race run

**all,**

but one receiveth the prize?  
So run, that ye may obtain.”



**“For this cause also thank  
we God without ceasing,  
because, when ye  
received the word of God  
which ye heard of us,**



**ye received it not as the  
word of men, but as it is  
in truth, the word of God,  
which effectually worketh  
also in you that believe.”**



# HOW TO RUN





# HOW TO RUN

**Run with all you have**



**Great Christians are not  
Christians that have more  
to give.**



**Great Christians are  
Christians that give all  
they have.**



# HOW TO RUN

**Run within the rules**







# HOW TO RUN

# Run without weights



# HOW TO RUN

**Run with patience**









# WHERE TO RUN



**WHERE TO RUN**

**Run to Christ**



**WHERE TO RUN**

**Run to the finish line**



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