

A Spiritual Physical Exam #6: Orthopedic Evaluation

1 Corinthians 9:24
May 18, 2008 (CSBC)

Intro:

1. Before any athletic event or sports season, all participants are required to have a physical.
2. This exam is primarily an orthopedic exam. Checking the legs, arms, and back to make sure they can withstand the strain of competition.
3. Our focal text tells us we are all in a race and we should run it to win.
4. For us to run the race of the Christian life, as individuals, and as God's church, we must make sure our hands, feet, and spines are up to the task.

READ TEXT

I. Hands

- A. Holy hands (1 Timothy 2:8)
 - a. Of powerful worship
 - b. Free of anger
 - c. Far from dispute
- B. Clean hands (Psalm 24:3-4)
 - a. Innocent – not guilty, washed in the blood
 - b. Clear – speaks to a continuing condition
 - c. Quit – hands that have stopped sinning
- C. Unchained hands (Acts 12:7-8)
 - a. Freed from sin
 - b. Freed from satan
 - c. Freed for service (v.8)

II. Feet (Isaiah 52:7)

- A. That bring good news
 - a. Encouraging news
 - b. Victorious news
- B. That proclaim peace
 - a. In thought
 - b. In heart
 - c. In actions
- C. That proclaim salvation
 - a. In their community
 - b. In their nation
 - c. In their world

III. Spine (1 Corinthians 16:13)

- A. Strength to watch – patience (Isaiah 40:31)
- B. Strength to stand fast in the faith– perseverance
- C. Strength to be brave (quit like men KJV) – to stand up to
- D. Strength to be strong – increase in vigor (determination)

Conclusion:

1. We are entered into the race the very moment we accept Christ.
2. We are not competing against ourselves, but against satan and the forces of darkness.
3. To not run the race of the Christian life in vain we must be spiritually, orthopedically sound.
4. We must allow God to examine our hands, feet and spine if we are to run to win.