

## I Corinthians 9:24-27 I Buffet (Discipline) My Body 3/23/2025

The common entertainment of Paul's day was the athletic games. Foot races, wrestling, boxing, and chariot races. Major games were the Olympic, Isthmian, Nemean, and the Pythian games.

Olympic games once in 4 years; the Isthmian games (in honor of Poseidon, god of the sea) every 3 years.

**QUESTION:** What do you think when you hear the words; "discipline, self-sacrifice, endurance, focus, single-minded dedication?"

**Question:** What areas of life do these words relate to? Work, family, play, citizenship, military, school, social interaction, maintenance of possessions, your life in Christ.

**Question:** What is the Holy Spirit trying to produce in our life? Fruits!

**List of fruits of the Spirit: Galatians 5:22-26**

One fruit seems odd in the list to me. **Self-control**. We have self-control not to get saved, but because you are saved, and have the power now to do so!

**Ex. Acts 24:24-25 Paul talks to an unbeliever about self-control- QUESTION: Why?**

Salvation has a starting point, but we "continue" to be saved till the day we die. It is one thing to be admitted into the Olympic or Isthmian games, but another thing to win. Not about eternal security, but about sharing fully in the rewards of the Gospel; faithful service.

**The quality of the Christian life is up to you! It will not run on automatic.** (The man in I Cor. 3 and 5 were saved but lost any reward.)

**Discipline and legalism are not the same thing!**

**GRACE** and self-control, dedication, endurance, self-denial, and self-sacrifice flow together in the New Testament! Only the American lifestyle make such words seem to be in contrast with Grace.

**Text: 9:23-27** Read all \*\*\*\*\*

**9:23** Greek- *poieo* ( ) A very active word! "Do, cause, bring about, accomplish, perform, provide, create, produce, yield, put forth, give, prepare, keep, celebrate, claim, show, work, be, live, practice, act, do good, spend, exercise, am pleasing, redeem, set free."

**“fellow partaker”** the rewards of service, the blessings of the gospel life and focus.

**9:24 - “run to win” - “Win” used 6 times in 9:19-27.** To enjoy your life in Christ, and the overflow of that affects other people! 9:19 is the context of “winning.” A life of reflecting Christ!

Most Greek cities had race tracks. Corinth has the Isthmian games every 3 years. The track was 606  $\frac{3}{4}$  feet (202.25 yards).

Runners went through 10 months of training under the direction of judges. Discipline in food, no wine, exercise, mental preparedness, and sleep.

Isthmian games second only to the Olympic games. (Olympic games ran from 776 B.C. to 393 A.D.)

**9:25 – Olympics games?** —You get a wild olive branch wreath . *Isthmus games?* - a wreath of Pine branches or Parsley.

**If they exert that much effort for a stick; what should we do for a reward that will never perish? We receive an imperishable crown!**

**I Peter 5:1-4, Philippians 4:1, James 1:12**

The athlete in the games denies himself many lawful pleasures. A Christian must avoid obvious sin, but anything that hinders his complete effectiveness.

**9:26- You have to train and focus. Boxing is particularly frustrating.**

**9:27 – “Buffet my body” -** Not the gnostic view of punishing, damaging , injuring your body to achieve spiritual success.

**EX. Colossians 2:23** Legalism fails. Surrender works!

It is more of the idea of a horse in a chariot race. Without control over the horse it is wasted energy. The whip and rein put focus on the horse.

**Final: 11 Timothy 4: 1-8**