



### **Finish: Living the Lifestyle Follow through to the Finish**

Daniel 12:13; Acts 20:24; 2 Timothy 4:7; Hebrews 12:1-3  
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Matthew 25:23 “His master replied, ‘Well done, good and faithful servant...!’” (NIV)

Acts 20:24 But my life is worth nothing to me unless I complete my mission and the ministry the Lord Jesus gave me—to testify to the gospel of God’s grace. (NIV)

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

### **We want to be healthy so we can effectively serve God and complete the mission – finish the race.**

Colossians 4:17 ...See to it that you complete the ministry you have received in the Lord. (NIV)

### **Daniel was built different than others around him.**

Daniel 12:13 “As for you, go your way till the end. You will rest, and then at the end of the days you will rise to receive your allotted inheritance.” (NIV)

1 Corinthians 9:24 ...in a race all the runners run... (NIV)

Galatians 5:7 You were running a good race... (NIV)

Philippians 2:16 ...I did not run or labor in vain. (NIV)

### **How to Follow through to the Finish**

Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, (NIV)

### **I Look Around.** (1)

Others have and are running the race. I am not alone.

### **I Look Down.** (1)

I must remove distractions, like the past.

Isaiah 43:18 “Forget the former things; do not dwell on the past. 19 See, I am doing a new thing! ... (NIV)

Philippians 3:13 ... I focus on this one thing: Forgetting the past and looking forward to what lies ahead, 14 I press on to reach the end of the race... (NLT)

I choose the good things over the bad things.

I choose the best things over the better things.

### **I Look Ahead.** (1)

Ephesians 2:10 For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (NIV)

God has a race marked out for me to run.

I am to run in the lanes God has prepared for me.

Hebrews 12:2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. (NIV)

### **I Look Up.** (2-3)

Philippians 1:6 And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. (NLT)

Philippians 2:13 ...God is always at work in you to make you willing and able to obey his own purpose. (GNT)

Jesus is both our power for and our picture of perseverance.

2 Timothy 4:8 I have fought the good fight, I have finished the race, I have kept the faith. (NIV)

### **I can follow through to the finish!**

Based on the book, *The Daniel Plan: 40 Days to a Healthier Life*.