



Scriptures from New International Version unless noted

Endurance Training

**Endurance: “*The ability to last, to continue.*”
(Webster’s Dictionary)**

Endurance is the ability to GO forward, even when it’s tough.

The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The LORD was grieved that he had made man on the earth, and his heart was filled with pain. So the LORD said, "I will wipe mankind, whom I have created, from the face of the earth - men and animals, and creatures that move along the ground, and birds of the air - for I am grieved that I have made them.

Genesis 6:5-7

The wages of sin is death.

Romans 6:23

But Noah found favor in the eyes of the LORD.

Genesis 6:8

Noah was a righteous man, blameless among the people of his time and he walked with God.

Genesis 6:9

Endurance Comes from Walking with God.

ELEMENTS OF WALKING WITH GOD...

LISTEN to God

So God said to Noah, “...make yourself an ark.”

Genesis 6:13-14

OBEY God

Noah did everything just as God commanded him.

Genesis 6:22

WAIT on God

The LORD then said to Noah, "Go into the ark, you and your whole family..."

Genesis 7:1

"Seven days from now I will send rain on the earth for forty days and forty nights."

Genesis 7:4

HONOR God

Then Noah built an altar to the LORD and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it. The LORD smelled the pleasing aroma...

Genesis 8:20-21

Where have you given up?

"Therefore, since we are surrounded by such a great cloud of witnesses, let us lay aside every encumbrance and the sin that so easily entangles us and let us run with endurance the race that is set before us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

Hebrews 12:1-2