

# Stay in the Game



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## Part 3: Your Second Wind is on the Way

“So let’s not get tired of doing what’s good. At just the right time, we will reap a harvest of blessing if we don’t give up.” (Gal. 6:9)

### 1. Take it \_\_\_\_\_

Example: Woman who had to raise her grandson. “I don’t think I can do this again. Another fifteen years? I don’t think I have the strength to make it.”

You can’t focus fifteen years down the line. You will be overwhelmed. Take it one day at a time. You don’t have the strength you need for tomorrow. When you get to tomorrow, you’ll have the strength for that day.

### 2. Get up, show up, and never \_\_\_\_\_

“No matter how you feel, get up, dress up, show up, and never give up.”

Example: Football player with a cast on his arm and a special vest to protect his ribs. A reporter asked him how he felt: “It’s a little painful, but I’d rather be in the game in pain than sitting on the sidelines watching.”

**3. The end** \_\_\_\_\_

Example: The runner who tells himself, "I can do one more step. One more step. One more step."

Every problem has a lifespan. But you don't.

**4. Keep** \_\_\_\_\_

Example: The Torch Race in Ancient Greece. The only way you could win was to cross the finish line with your torch still lit.

Shake off the discouragement. There is a flame that is still alive inside you.

**5. Never** \_\_\_\_\_

Example: Injured Olympian John Stephen Akhwari. "My country didn't send me five-thousand miles to start the race. They sent me five-thousand miles to finish the race."