

# Run this Race choral reading

By Kathy Applebee

CHARACTER VOICES: Coach, A, B, C, D, 2 groups.

RUN TIME: 3 minutes

SCRIPTURES BASED ON: 2 Tim. 2:5, 1 Cor. 9:25, 1 Tim 4:8. Hebrews 12:1-3, Isaiah 40:28-31, Proverbs 4:11-13, Philippians 3:13-15

COACH: Do you not know that in a race all the runners run

ALL: But only one gets the prize?

COACH: Run in such a way as to get the prize.

A: I do not run like someone running aimlessly;

B: I do not fight like a boxer beating the air.

C: I discipline my body and keep it under my control

D: So that after I have preached to others

A, B, C, D: (*in unison*) I myself will not be disqualified for the prize.

COACH: Train yourself to be godly.

GROUP 1: Physical training is of some value

GROUP 2: But godliness has value for all things

GROUP 1: Holding promise for both the present life

ALL: And the life to come

GG1: Everyone who competes in the games goes into strict training.

GROUP 2: They do it to get a crown that will not last

ALL: But we do it to get a crown that will last forever.

GROUP 1: Let us throw off everything that hinders

GROUP 2: And the sin that so easily entangles.

GROUP 1: Let us run with perseverance the race marked out for us

GROUP 2: Fixing our eyes on Jesus

ALL: The pioneer and perfecter of faith

COACH: Anyone who competes as an athlete does not receive the victor's crown

ALL: Except by competing according to the rules.

COACH: I instruct you in the way of wisdom and lead you along straight paths.

GROUP 1: When we walk, our steps will not be hampered

GROUP 2: When we run, we will not stumble.

GROUP 1: Hold on to instruction

GROUP 2: Do not let it go

ALL: Guard it well, for it is your life.

COACH: The LORD is the everlasting God

GROUP 1: The Creator of the ends of the earth.

GROUP 2: He will not grow tired or weary

ALL: His understanding no one can fathom.

GROUP 1: He gives strength to the weary

GROUP 2: He increases the power of the weak.

GROUP 1: Even youths grow tired and weary

GROUP 2: Young men stumble and fall

COACH: But those who hope in the LORD WILL renew their strength.

GROUP 1: They will soar on wings like eagles

GROUP 2: They will run and not grow weary

ALL: They will walk and not be faint.

GROUP 1: Forget what is behind

GROUP 2: Strain toward what is ahead

ALL: Press on toward the goal to win the prize!