

# ***Forerunners for Christ Los Angeles***

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October 31, 2024 – The Forerunner Message in the End Times – Erlinda Cruz

## ***Endurance for the Right Race***

### **Another Study on Endurance: Excerpts from the Article of Stephanie Quick from FAI**

Here Stephanie talks about exercise, and she talks about “CrossFit” exercises. Listen to this narrative as she parallels repetitive exercises to gain endurance!

#### *Stephanie’s Excerpt:*

So I wasn’t exactly “Most Likely to Start CrossFit in Her Early 30s.” But I’m glad I did. I’ve learned a lot about myself, and I’ve learned a lot about endurance. I’m learning that “every rep matters,” simply because diligently executing every rep every day (with the exception of weekly rest days— sabbath, anyone?) enables you to perform better and faster upon future trainings.

As we returned to regular in-person (rather than Zoom) trainings after our first pandemic lockdown, our weekly programming was modified. The title for Thursdays, which had previously been simply a “metcon” (metabolic conditioning) day, was now “Endurance Thursday.”

Now, I live in Israel, but our programming is in English. My friend leaned over to me in the briefing to ask, “What is ‘endurance’?” Though English is the only language I have any real mastery of, even I was wondering the same.

Thursdays were already the heavy days. Did they just get worse? How could they? “I think it means we’re going to die,” I told her. On one particular Endurance Thursday, while running one of multiple rounds of 600 meters (which I’ve now ran so often, I can visualize the route with my eyes closed), a penny dropped for me.

The Scriptures speak so much of endurance, I thought maybe I always think of it as surviving a cataclysmic event when I don’t need to. The thing about running these 400 or 600 or 800 meter routes, that I’ve now run hundreds of times, is it never matters that I did it the last time except that the last run is helping me run better this time.

But I cannot credit yesterday’s reps to today. All I have is today. Tomorrow, I’ll have tomorrow. Life is just a stack of numbered days to be diligent in. Eugene Peterson referred to this as “a long obedience in the same direction.”[1] Indeed.

Now and then, we do a big training— the kind we’d never be able to pull off without a regular training schedule preparing our bodies for it. Annually, our box hosts a Murph training:[2] 1 mile run, 100 pull-ups, 200 push ups, 300 squats, and another mile run.

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To do it as prescribed (which I do not), you're wearing a weighted vest while you perform these reps. It's heavy. But it's not every day. And it's not every Thursday. I just can't pull it off without the other days. I can't just rock up on Memorial Day with a year of beer and cookies under my belt and smash a high-endurance workout. Preparation for that kind of event requires training.

It requires diligence. And because our coach is a good coach, he trains us accordingly. This is the part where I pivot and tether this to a spiritual principle: The LORD is a very good coach.

He knows your story, He knows where He's leading you, and He's really good about training you for it.[3] And, "tomorrow has trouble of its own." [4] All you have is today to pursue obedience.

It doesn't matter if He sets you in Istanbul or Iowa— the constitution of the Kingdom of Heaven is the same for everyone everywhere, best summarized in what we call the "Sermon on the Mount" [5] and illuminated in the life and death of Jesus of Nazareth.[6]

And "if we die with Him, we will reign with Him." [7] Obedience pre-resurrection is our means of maturity. I can only guess it gets a lot easier after He "deliver[s us] from this body of death." [8]

(To be continued.)

Have you been subjected to the rigors of exercise? If you're like me at 81, I am not looking forward to it, especially with joints creaking at every possible move. But I do know it's a necessary part of being healthy. As a believer, it's a definite requirement to grow muscle faith for the long run! ENDURANCE... PERSEVERANCE... These two words can be bad words if you tend to be foolish, but GREAT and GRAND if you tend to be wise! You choose!