



Antioch
Fairfax Station, VA

The Man In The Mirror

Solving the 24 Problems Men Face
Part1 Chapter 1 “The Rat Race”

Antioch Baptist Church Men’s Forum

From The Lounge Room

Saturday February 27, 2021

8-9:30 a.m.

ZOOM Teleconference



Agenda

- **Welcome/Prayer**
- **Praise in Song**
- **Objectives**
- **Session Introduction**
 - **Defining the Rat Race**
 - **Why men compete in the Rat Race**
 - **The Rat Race from a Christian perspective**
 - **Strategies for checking out of the race**
- **Ministry Project Status Update**
- **Special Announcements**
- **Closing Remarks**
- **Adjournment**

Objectives

- Define the Rat Race
- Determine Why Men compete in the Rat Race
- Discuss the Christian perspective of running the race
- Discuss checking out of the Rat Race
- Provide Men's Ministry Project Update

Session Introduction

In this session we will discuss the Rat Race and how it impacts the Christian man. We will discuss strategies for checking out of the Rat Race and checking into the Christian Race.

What is the Rat Race?

- An **endless, self-defeating, or pointless pursuit**. The phrase equates humans to rats attempting to earn a reward such as cheese, in vain. It may also refer to a competitive struggle to get ahead financially or routinely.

Why Compete in the Rat Race?

- **We want to live the good life**
- **We think we can win or come close**
- **We like instant gratification**
- **Borrowing is so easy**
- **I'm not really concerned if I lose**

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- **I know the purpose of my life? Yes/No**
- **Anyone who knows me, clearly knows my purpose? Yes/No**
- **I've never tried to keep up with the Kardashians? Yes/No**
- **I don't care what anybody thinks about me? True/False**
- **I'm not excessively materialistic. True/False**

The Christian Perspective

- **Living for Jesus also involves running a race**
- **The Prize is different**
- **You can win**
- **Now is the time to change**

Running the Right Race

- **Understand This is God's Race**
 - “However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.” - [Acts 20:24](#) NIV
 - This race will benefit you but it's not all about you. God has called you to be His ambassador for the building of His kingdom. If we lose sight of this and start running for our own goals we'll be quickly disappointed. If we realize we're running for something greater than ourselves we'll find the motivation to run farther than we could on our own.

(Adapted from 7 Ways to Embrace the Race God Has Called You to Run Christina Patterson)

Running the Right Race

- **Maintain an Eternal Perspective**
 - “Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” - **1 Corinthians 9:25-27** NIV
 - The strict training you may endure in this race is not for a temporary prize. It's for an eternal prize. When we realize we are running for something that will last forever it fuels us to know that though this run is difficult, it's also more than worth it.

Running the Right Race

- **Focus on Christ**
- “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. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.” - **Hebrews 12:2-3** NIV
- Focusing on Christ is key to embracing this race. When we consider Christ we realize He's not asking us to do something He didn't do Himself. Christ's race was much more difficult than ours yet He ran it for us. Allow His act of sacrificial love to fuel you for your own race because if we lose focus we'll start heading in the wrong direction.

Running the Right Race

- **Take off the Weights**

- “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,” - **Hebrews 12:1** NIV
- This race we are running is certainly not a sprint. It's one we'll be running for the rest of our lives so we need to pace ourselves. We also need to make sure there is nothing weighting us down and slowing us from reaching our prize. What weights are slowing us down? Sin. Sin is the very thing that distances us from fixing our eyes on Jesus and staying focused on Him. Sin is only going to make this race harder than it already is. So always be praying for the strength to overcome sin so you can run this race with endurance.

Running the Right Race

- **Keep Your Lane Clear**
- “You were running a good race. Who cut in on you to keep you from obeying the truth?” - **Galatians 5:7** NIV
- Your eyes are focused on Christ and the weights are off but also make sure you're not running next to others that will cut you off. "Bad company corrupts good character." (**1 Corinthians 15:33** NIV) If you want to better embrace your race be sure not to run close to those who may get you off course. Instead, find a friend with the same focus as you who keeps you motivated to reach the prize. Then make sure you're being that type of friend to someone else.

Running the Right Race

- **Don't give up too soon**
- “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.” -
1 Corinthians 9:24 NIV
- Although we'll be running this race for the remainder of our lives we'll also experience small victories along the way. We'll be tempted to give up but I encourage you not to. We're not running until we feel like quitting. We're running to get the prize. So keep going in until you do.

Running the Right Race

- **Finish Strong**

- “I have fought the good fight, I have finished the race, I have kept the faith.” - 2 Timothy 4:7 NIV
- This whole race is about your faith. Will you keep the faith until the end? Some days will be easier than others so I want to end with reminding you that the race you're running is a good one. It's worth it. So keep running, never give up, and finish strong.

*Are you Running the Rat
Race? Why or Why Not?*

Project Status Update

Staying Connected With Male College Students Project

- *Drafted Project Information Paper*
- *Drafted Participant Invitation Letter*
- *Developed Participant EXCEL Spreadsheet*
- *Ongoing vetting and validation of contact information of potential participants*
- *Need brothers to volunteer to be sponsors/project Team Members*

Deacon Capers Brown is the Project Lead Manager (PLM)

Blessings Bag Project

- *Project Funding of \$500 has been approved for 2021*
- *Drafted Project Information Paper*
- *Developing Strawman sample of the Blessings Bag with suggested contents (Ongoing coordination with Church Staff)*
- *Identified project leadership managers*

Deacons Desi Crouthers and Samuel Harris are the Project Co-Lead Managers (PCLM)

Electronic Resource Library

Electronic resource library of reference material of interest and beneficial for the spiritual growth of the Men of ABC. A draft EXCEL spreadsheet of resources has been created and is being populated. The objective is to have the document posted on the ABC website to include links to the actual documents.

Implemented: *gathering documents and format for website is ongoing. Website enhancement is a critical aspect of this task*

Upcoming Events

- **13 Mar Military Care and Share Ministry**
- **27 Mar Men's Forum ZOOM Teleconference**



Next Meeting

Mar 27, 2021

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Solving the 24 Problems Men Face

Part 1: Chapt 2.

Thanks For Your Support!

- **Continue to pray for the World as we prayerfully battle the COVID-19 Pandemic**
- **Looking forward to our next Teleconference forum on *27 Mar 2021***
- **Continue to maintain contact with your forum brothers**
- **Invite A Brother to Join Us!!!!**
- ***Check ABC Homepage for Updates**

