

A composite image featuring a person's arm and leg in motion against a black background. The arm, wearing a blue sleeve and white wristband, is extended to the left. The leg, wearing a white sock and a white and blue sneaker, is extended to the right. Bright orange and yellow flames trail behind both the hand and the shoe, suggesting speed and endurance. On the right side of the image, there is a larger, more intense fire. The word "Endurance" is written in a large, white, serif font across the center of the image.

Endurance

Mt 24:13

Endurance

Desire

Love of God

I wanted to be a Navy SEAL since I was fourteen years old. So many kids my age and adults told me this was impossible. I call these negative people Dream Stealers. Watch out for them. Notice them for who they are, and just let whatever they say stoke your dream fire a little more.

There were more than 220 candidates in my SEAL training class when it began. At the end, only 23 of the original candidates (me included) had made it all the way through. Roughly 90% of my class had failed. The best athlete in the class was the first to quit because he didn't like getting yelled at and being cold. He couldn't see the finish line and realize that the tough SEAL training would eventually be over. So, when life is hard at times, remember that the tough times will eventually end. And remember, too, that the best things in life take hard work and determination to complete. Think about this next time you're practicing music, working on math, playing sports, or doing anything else.

Training pushed me to my physical limit. Heck Week is the third week of BUDS training and the most notorious part, but it's actually only a small part of the Navy SEAL selection process. The hardest exercise I remember actually came before.

We had to carry a log weighing over 200 pounds while running up sand dunes and through water in a team of six to eight people. However, my team-members quickly started dropping out and it ended up being just the three of us carrying the log for three hours while being shouted at by staff. It pushed me to my absolute physical limit. I was completely exhausted.

It got to the point where I was physically incapable of doing the things they wanted me to do, facing failure, and in that moment I was angry and frustrated at the people around me.

BUDS takes a lot of tenacity and perseverance, but heck Week is where things change for most people. It can't just be about you. You're carrying boats and logs, you're in freezing water, you're constantly wet, cold, or sandy, and you can't get through the hard, dark, bad times that seem unendurable without the support, humor, and positivity from your friends.

Former Olympians and athletes try to become Navy SEALs, and obviously they all have the fitness to get through it — you don't have to be physically superhuman — but I've seen these people quit. Not because they're not physically capable, but they don't have the mental endurance to handle failure without giving up

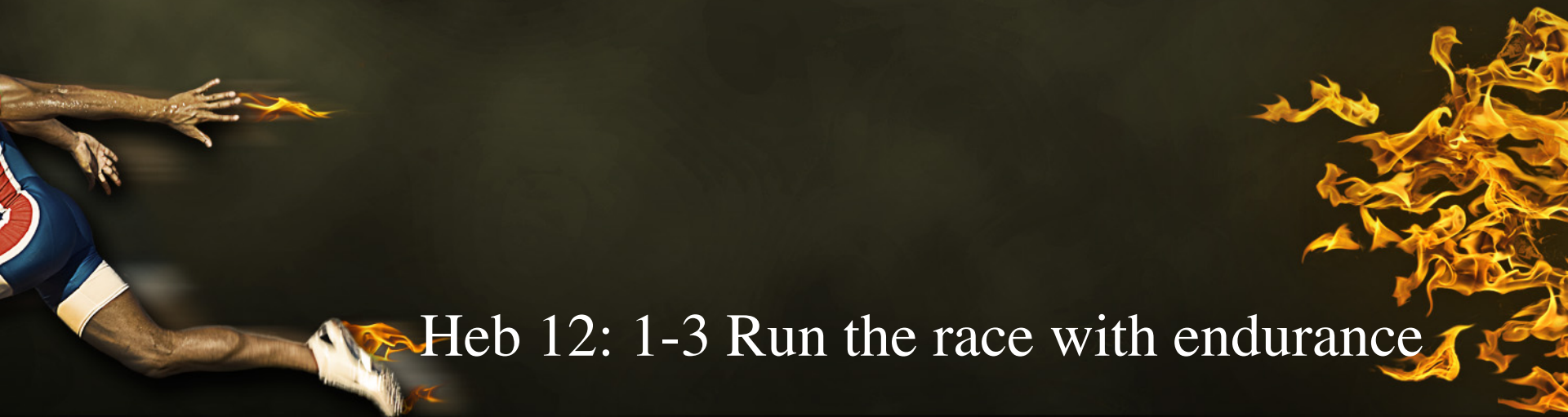
What is Endurance?

To be strong and steadfast; To bear with patience, to suffer without opposition or without sinking under the pressure of affliction, to tolerate; To persevere absolutely and emphatically under misfortunes and trials, to hold fast to ones faith in Christ



Is it important to endure?

Did Christ endure?



Heb 12: 1-3 Run the race with endurance

Gen 1:27 – Man made in image of God

1 Cor 11:1 – We are to imitate Christ

Heb 10:36-39 – We have need of endurance

Gain life through endurance

Lk 21:19, Mt 24:13

Suffering and endurance

Rom 5:3, 2 Cor 6:4, 1 Cor 4:12, 2 Tim 4:5

God endures

Ps 52:1, 136:1, Eccl 3:14, Lam 5:19

Heb 12: 1-3 Run the race with endurance



Desire, is it Bad or Good?

To long for, to ask for, to demand. Our desire, which is our will in action, either comes from the will of God OR from worldly, fleshly desires



Mt 6:33 Seek the kingdom of God

Bad desire

Jas 1:14 – Tempted by our own desires

Jude 16 – Following sinful desires

I Jn 2:16 – Desires of the flesh

Gen 4:7 – Sins desire is for us

Good desire

I Tim 2:3-4 – God desires ALL to be saved

Jn 15:7 – Abide in Christ, ask what you desire and
it will be granted

Phil 1:2-3 – Our desire to be with God

*Key: Pro 19:2 – Desire without knowledge is not good



Love of God

All out devotion to God and well being of others

I Pet 1:8-9 – Have not seen Him, yet we love Him

Deut 11:1 - Love the Lord, keep His commandments

1 Cor 8:3 – If you love God you're known by God

Jn 14:15 – Love Him, keep His commandments



I Cor 13:7 Love endures all things



Love of God

Mt 22:37-38 – You shall love the Lord your God with all your heart and soul and mind. This is the great and first commandment



I Cor 13:7 Love endures all things



The Love of God:

- Requires a desire for God
- Requires a knowledge of God
- Requires obedience to God

- Requires action, not just a feeling

- Requires growth
 - Eph 4:15-16 – Grow up in every way into Him who is the head, into Christ



I Cor 13:7 Love endures all things

Will you Endure to the End?

Mt 24:13 Endures to the end will be saved

