

WHY BEAT YOURSELF UP?

1. Text: I Corinthians 9:24-27
2. Verse 27 offers us a vitally important warning and solution.
3. We will see the relevancy of our lesson title later.

I. **The Danger**

1. The King James Version says Paul does not want to be a “castaway.”
2. The Greek word means to be disqualified, rejected, worthless, useless, unfit, not standing the test.
3. It was used in athletic games and for coins weighed and tested to see if they were genuine.
4. II Corinthians 13:5-7: Examine yourselves; test yourselves; Christ is in you unless you did not stand the test.
5. II Timothy 3:8 speaks of those who resist the truth, disqualified concerning the faith.
6. Titus 1:16 They profess to know God, but in works deny Him, disobedient and unfit for any good works.
7. II Corinthians 10:18 Not the one who commends himself is worthy, but the one whom the Lord commends.
8. II Timothy 2:15 Study to show yourself approved, qualified, accepted before God.
9. James 1:12 Blessed is the one who endures temptation, when he is qualified he receives a crown of life which the Lord has promised to those who love Him.
10. Gordon Fee: “But does Paul actually mean that one can fail to obtain the prize? Some would say no, but usually because of a prior theological commitment, not because of what the text itself says. Paul keeps warning and assurance in tension.”
11. Let’s be very practical:

II. **The Terrible Inconsistency**

1. “When I have preached to others,” he would be rejected.
2. What a tragedy: influencing others for good, then failing to follow our own convictions.
3. To exhort, warn, guide, train others and then fail ourselves.
4. Parent and child
5. Evangelist and convert
6. Moses and the promised land
7. The impact on those we have influenced
8. Let’s be very practical:

III. **The Need**

1. Paul uses a unique term to describe what he does to himself: literally, “under the eye” meaning to strike under the eye, to give a black eye. Not just a hit. Word from boxing. So to buffet, beat. To treat severely, discipline (NKJV), vigorous, self-control.
2. “Why beat yourself up?” To receive a crown of life!
3. Not asceticism and monks here.
4. Body is not evil, but is the earthly, present vehicle of this life which must be made to serve the right master.
5. See Romans 6:12-13, 19; Romans 12:1
6. Also this says our religion not merely of the mind and spirit.
7. Additionally, he says he brings his body into subjection, which literally means “to lead it as a slave.”
8. Let’s be very practical here: coasting, drifting, slipping, choking

Conclusion:

