

# “HOLD FAST”

The image of an Olympic runner holding forth the torch and striving for the finish line paying attention to all the rules of the race while not being occupied with things around but rather holding forth the precious Word is a powerful picture for us advancing in our testimony for the Lord Jesus Christ. **“HOLDING FORTH THE WORD OF LIFE; that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain.” Php 2:16**

#	SCRIPTURE	LESSON
1	<p>“HOLD FAST THE FORM OF SOUND WORDS, which thou hast heard of me, in faith and love which is in Christ Jesus.” <b>2Ti 1:13</b></p> <p>“HOLDING FAST THE FAITHFUL WORD as he hath been taught, that he may be able by sound doctrine both to exhort and to convince the gainsayers.” <b>Tit 1:9</b></p>	<p>In these two epistles the beloved apostle gives instruction for the last days when all would be in ruin. It is our privilege to run the race in that day. The Word of God is such a wonderful resource. What a privilege to hold it forth in the gospel to the lost and in doctrine to the saved being sure that we are running faithfully with our eyes focused affectionately on the Lord Jesus.</p>
2	<p>“And not HOLDING THE HEAD, from which all the body by joints and bands having nourishment ministered, and knit together, increaseth with the increase of God.” <b>Col 2:19</b></p>	<p>Holding the Head is all important for us beloved. He is the only begotten of the Father, the pre-eminent One, who is alone worthy. May we hold Him as the director of every word and action while we wait for Him!</p>
3	<p>“HOLDING FAITH, AND A GOOD CONSCIENCE; which some having put away concerning faith have made shipwreck.” <b>1Ti 1:19</b></p> <p>“HOLDING THE MYSTERY OF THE FAITH IN A PURE CONSCIENCE.” <b>1Ti 3:9</b></p>	<p>Viewing the Church in order, the apostle exhorts us to hold confidence and trust in the Lord with a good conscience. This will require carefulness and self judgement occupying our hearts with the One who has run the race before perfectly and even unto death. He is now crowned with glory and honour!</p>
4	<p>“Prove all things; HOLD FAST THAT WHICH IS GOOD.” <b>1Th 5:21</b></p>	<p>With evil all around and abounding how important to hold fast that which is good and not to be occupied with evil. <b>Rom 16:19</b></p>
5	<p>“Seeing then that we have a great high priest that is passed into the heavens Jesus the Son of God, let us HOLD FAST OUR PROFESSION.” <b>Heb 3:14</b></p> <p>“Let us HOLD FAST THE PROFESSION of our faith without wavering; (for he is faithful that promised;)” <b>Heb 10:23</b></p>	<p>The Hebrews were in danger of falling back from the Christian profession and the apostle exhorts them and us to hold fast without wavering. He has given us Himself as an object and the Holy Spirit to direct and energize us.</p> <p><i>“Keep us Lord Oh keep us cleaving to Thyself and still believing”</i></p>
6	<p>“For we are made partakers of Christ, if we HOLD THE BEGINNING OF OUR CONFIDENCE stedfast unto the end;” <b>Heb 3:14</b></p>	<p>It is a wonderful thing to have confidence in the Lord and His Word while at the same time having no confidence in the flesh. <b>Php 3:1-3</b></p>
7	<p>“But that which ye have already HOLD FAST TILL I COME.”</p> <p>“Remember therefore how thou hast received and heard, and HOLD FAST, AND REPENT.”</p> <p>“Behold, I come quickly: HOLD THAT FAST WHICH THOU HAST, that no man take thy crown.” <b>Rev 2:25; 3:3, 16</b></p>	<p>The Lord Jesus gives us exhortations as he views and judges all things in the assemblies down through the Church’s history. He measures man’s responsibilities, faithfully states their failures, and then gives the answer to these very failures in the promise to the overcomer.</p> <p>May we be overcomers together for the Lord!</p>



“And if also any one contend in the games, he is not crowned unless he contend lawfully.” **2Tim 2:5 JND**

“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.” **1Co 9:24-27**

“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.” **Heb 12:1-3**