



Cool Runnings

July 07, 2024 Message Notes
2 Corinthians 5:17

NOTES

At the Movies – The Stories Of Our Lives

The New Testament offers many athletic references:

- “Fight the good fight.”
- “Finish the race.”
- “Discipline our bodies.”
- “Go into strict training.”
- “Every athlete exercises self-control in all things.”
- “All for a crown that never fades.”
- “A prize that’s eternal.”



The Olympics date back to the ancient Greece in the 700's BC, but the oldest evidence of athletics dates back to 3800 BC in Egypt.

Athletics can offer life lessons even to those who don't like sports:
focus – determination – creativity – innovation – imagination –
perseverance – character

“In a bobsled you don't break bones, you shatter them. Who's in?”
Irv Blitzer (John Candy)

Cool Runnings - based on the true story of Jamaica's first Olympic bobsled team that competed in the 1988 Winter Olympics in Calgary, Canada.

First Lesson: An invitation to innovation - a new creation.

Outside of the box thinking.
The Gospel of Jesus does this, too.

“I tell you the truth, no one can see the kingdom of God unless he is born again.” John 3:3

“If anyone is in Christ the new creation has come. The old has gone. The new is here.” 2 Corinthians 5:17

Is God inviting you to imagine a new thing, to dream a new dream, or help someone else do that?

“See. I'm doing a new thing. I'm making a way in a wilderness...streams in the wasteland.” Isaiah 43:19

After the bobsled team welcomes their new vision and finds a coach, they have to learn some new skills.

Second Lesson: Discipline (Disciple) – New Competencies.



Disciples of Jesus learn how to:

- pray
- listen to God's Spirit
- follow God's Word
- be part of a team/group
- do your part serving
- find where you fit
- get along with others

Growing disciples that want to make a difference in the world are challenged to discipline their lives for impact in the Spirit.

“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.” 1 Corinthians 9:25

The movie story shows the Jamaican team being disqualified due to a crash but, in reality, they were not. They were respected for their perseverance and sportsmanship.

Third Lesson: New Courage to face new challenges.

What was it like for tropical Jamaicans to enter the below freezing weather of Canada?

How can you step out of your comfort zone, defy the odds, challenge the stereotypes, show up where your presence can make the difference?

In the face of all kinds of opposition, Christians must develop courage.

“Courage is not simply one of the virtues, but the form of every virtue at the testing point.” C.S. Lewis



Every new competency in a Christ-follower's life requires the courage to not quit but to keep on practicing it.

Fourth Lesson: The Value of Character.

"If you are not enough without a gold medal, you'll never be enough with it." Irv Blitzer

"Playing by the rules, that's sports ethics." Coach Bobby Bowden

"My Olympic self will ruin my marriage and will leave my kids feeling inadequate. Living life as if every day is an Olympics only makes those around me miserable." Dominique Dawes, Olympic Gold winner

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" Matthew 16:26

"Anyone who competes as an athlete doesn't receive the victor's crown except by competing according to the rules." 2 Timothy 2:6

What are you allowing to rule your life?

"But God is so rich in mercy, and he loved us so much, that even though we were dead because of sins, he gave us life when he raised Christ from the dead. It is only by God's grace that you have been saved." Ephesians 2:4

God's grace is the source of our forgiveness, our chance to begin again.

Be open to innovation – New Creation

New Creation requires New Competencies

New Challenges call for New Courage

New Character never goes out of style



Trust God and His mercy for a new beginning.

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