

He's tense in those muscles he's using. He's pushing forward, but otherwise he's apt to be relaxed. He'll do much better if he is. I often see students who are working day and night during the 2 or 3 days before the exam. try to fill their minds with matters before the exam and wonder whether they will keep until they have finished writing it down on paper.

The the person who has done good work through the semester and has a good solid knowledge of the subject will do far better in the exam if in the day before he can simply relax and come to the exam with a relaxed mind, but with the work having beendone earlier at a time when it should have been done.

When I was at the pressidio in San Francisco taking a brief officer's training course, we had to practice all sorts of things connected with military life. One was practice in rapid-fire shooting. We would go out there on the range. First we would have the slow shooting. You would shoot. Get into exact position. Get your eyes on it exactly where you wanted the bullet to go and you could do fairly well. But then they would give an order that in two minutes( I forget just how long a time) to get off ten shots. It was really funny to see the fellows with this amount of time which was thoroughly ample to fire each of the five first shots and put in the other clip and fire the other five. It was really funny to see how tense they would get.

The result was that fellows who would do excellently when they had plenty of time would get all rattled in their shots and no one would get anywhere near the bulls eye. Sometimes you'd see one who had finished the first clip and he was trying to put in the next and he tried and tried and could not get it in, when ordinarily it would be the easiest thing you could imagine to put it in, and finally perhaps he'd take the shots out one by one and get about six or seven of the whole ten out. Getting tense interferes with our effectiveness.

So it's vital in the Christian life, in the Christian race that we remember and realize that at the foundation of it all is what Jesus does in our justification and at every step in the Christian life we have to learn to rest upon Him, and to know that in the results are in His hands. And not to get unduly excited or tense about what we can't hurry. Yet we do have this figure of the race, and it is very vital and important element in the life not only of Christian workers(though very much so there) but in the life of any Christian and every Christian should certainly be a Christian worker.

There are two other phases of the Christian life in addition to justification, which is entirely a work of God. There are two other phases in which this figure of the race is very very applicable. The first of those, of course, is sanctification. I think this is particularly stressed in Heb. 12. We read in v. 12x, "Therefore seeing we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles us, and let us run with perseverance the race marked out for us." Verse 4, In your struggle against sin, you have not yet resisted to the point of shedding