

Not Losing Heart

Galatians 6:9

CCF 12.07.25

Intro

As a kid growing up in South Texas, I often heard about ***Cancun*** and ***Cozumel*** — two popular vacation spots in Mexico...

- Though I had never visited either one, I got it into my head that *Cancun was the party place* and that *Cozumel was the place to have a more relaxed vacation*...

Maybe this was because I knew of people who vacationed in Cozumel and they spent their time fishing, snorkeling and diving...

- But my thoughts of Cozumel as a relaxing place to sit on the beach and unwind were shattered when I heard that *an Ironman Race as being hosted there*...

You see, a former student and close family friend was going to be competing in the race and we anxiously followed along on the Ironman app as made his way through the course on race day...

- The race began with ***2.4-mile open-water swim*** in choppy conditions...

Next came a **112-mile bike ride** that consisted of cycling through the same loop three times...

- And the final event was a full **26.2-mile marathon** where the athletes ran the same 13.1 mile loop twice....

From my perspective, the mental, emotional, and physical strain of this race is unimaginable...

- Incredibly, the top male competitor finished the race in 7hrs 48min while the top female competitor completed the course in 8hrs 29min...

With that said, it should come as no surprise that many of the competitors who **started** the race **didn't finish** the race...

- But for those who did complete the race — once they crossed the finish line — the race was over — they could relax (or pass out)...

Now, if you're anything like me, the Ironman race has no appeal whatsoever...

With that said, though you and I will never compete in a *physical* Ironman Race, *if we are Christians then **we are competing in a race**...*

- In a very real sense, each and every believer has been entered in a **spiritual** Ironman competition...

And though the Christian race may not be as **physically** demanding as an Ironman, it is *much more strenuous emotionally, mentally* and **spiritually** for one distinct reason...

As a Christian, you don't really know when your race is going to end...

You see, an Ironman race has a fixed course of 140.6 miles — *which is a lot...*

- But in the Christian endurance race of *apprenticeship to the Lord Jesus*, we have no clue how far we must spiritually swim, bike and run with our Lord...

And because that total distance is unknown to us, ***there is a recurring temptation to quit, to give up, to drop out of the race...***

- And because this temptation to drop out of our spiritual Ironman is something that each Christian faces, I want to take an in-depth look at **Galatians 6:9** this morning...

You see, **Galatians 6:9** is a verse that the Lord brought me to many years ago when Brandi and I were serving at Calvary Houston...

- And **Galatians 6:9** the primary verse that the Lord brings me back to time and time again...

Also, as some of you know, tomorrow is our 23rd Anniversary as a fellowship...

- And in honor of that milestone, I thought it would be helpful to encourage ourselves to *keep going* by considering what the Lord might say to us through **Galatians 6:9**...

So please follow along as I read our verse...

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

For our study this morning, I've divided this verse up into **6 sections** with the emphasis of encouraging each of us keep going and to not lose heart...

Let's move into our first section...

1) Teamwork

In this section we will focus on the first 3 words of our verse...

And let us

The **And** here lets us know that **Galatians 6:9** is a continuation of thought from the previous verses...

- But in order understand what Paul is writing, we must shift from our *racing metaphor* to Paul's *farming metaphor*...

With that said, let's look at...

Galatians 6:7-8

7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

Here Paul reminds believers that we ultimately reap what we sow — what we plant determines what we grow...[expand]

- [ex. if you sow corn, you will reap corn, you will not reap cantaloupes...]

“You get out what you put in” — “Garbage in—garbage out”...

- [expand — sow to the flesh = reap corruption
sow to the Spirit = reap everlasting life...]

With this in mind, let's turn our attention back to Galatians 6:9...

We see that the **And** of **Galatians 6:9** ties verses 8 & 9 together...

- So, what we have here is Paul encouraging believers to **keep on sowing to the Spirit...**

Look again at the first 3 words of Galatians 6:9...

And let us

I like that -- ***let us...***

This is a reminder that Christianity is a ***team sport*** — it's not simply ***me***, it's ***us...***

This truth is vitally important...

Because we are often tempted to quit the race because we think ***we're running alone...***

And even the great heroes of the faith struggled with this feeling of running alone...

- One of the most notable examples comes from the life of the Prophet Elijah...

To see this, please turn to the OT book of...

1 Kings 19:11-18 [*expand on Mt. Carmel victory...*]

11 Then He said, “Go out, and stand on the mountain before the Lord.” And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake;

12 and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice.

13 So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance

of the cave. Suddenly a voice came to him, and said, “What are you doing here, Elijah?”

14 And he said, “I have been very zealous for the Lord God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

Continuing on in 1 Kings 19...

15 Then the Lord said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria.

16 Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place.

17 It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill.

18 Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

We often get tired of running the race — we get tired of sowing to the Spirit — because we think we're all alone — but the Lord has not left us alone — as believers ***we're in this together...***

For more on this subject please turn in the NT to Matthew 6:9-13...

Please pay special attention to the teamwork aspect — notice the ***our's*** and ***us's*** and the ***we...***

Matthew 6:9-13

9 "In this manner, therefore, pray:

**Our Father in heaven,
Hallowed be Your name.**

10 Your kingdom come.

Your will be done

On earth as it is in heaven.

11 Give us this day our daily bread.

12 And forgive us our debts,

As we forgive our debtors.

13 And do not lead us into temptation,

But deliver us from the evil one.

**For Yours is the kingdom and the power and the glory
forever. Amen."**

Now, it is important to understand that we are not only teammates with fellow Christians, we also have relationship with the ***Ultimate Teammate*** as well...

- This is a Teammate who comes to live inside of us — One who has the power to propel us to finish line no matter how long the race is...

And this ultimate Teammate is ***the Holy Spirit...***

The Lord Jesus had this to say about the teamwork of the Holy Spirit in...

Acts 1:8

"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

So we are in this together — we are teammates and co-laborers both with fellow believers and with the Holy Spirit...

Now, please turn back to Galatians 6:9 as we move into our second section...

2) Courage

And let us not grow weary

The words **grow weary** have the following definitions...

- To turn out to be a coward...**
- To lose one's courage...**
- To be fainthearted in the face of a trial or difficulty...**
- To be slothful in duty...**

Perhaps the ultimate Biblical example of growing weary, of turning out to be a coward, takes place in...

Numbers 13:23-33 *[turn there — give background]*

23 Then they came to the Valley of Eshcol, and there cut down a branch with one cluster of grapes; they carried

it between two of them on a pole. They also brought some of the pomegranates and figs.

24 The place was called the Valley of Eshcol, because of the cluster which the men of Israel cut down there.

25 And they returned from spying out the land after forty days.

26 Now they departed and came back to Moses and Aaron and all the congregation of the children of Israel in the Wilderness of Paran, at Kadesh; they brought back word to them and to all the congregation, and showed them the fruit of the land.

27 Then they told him, and said: “We went to the land where you sent us. It truly flows with milk and honey, and this is its fruit.

28 Nevertheless the people who dwell in the land are strong; the cities are fortified and very large; moreover we saw the descendants of Anak there.

29 The Amalekites dwell in the land of the South; the Hittites, the Jebusites, and the Amorites dwell in the mountains; and the Canaanites dwell by the sea and along the banks of the Jordan.”

30 Then Caleb quieted the people before Moses, and said, “Let us go up at once and take possession, for we are well able to overcome it.”

31 But the men who had gone up with him said, “We are not able to go up against the people, for they are stronger than we.”

32 And they gave the children of Israel a bad report of the land which they had spied out, saying, “The land through which we have gone as spies is a land that

devours its inhabitants, and all the people whom we saw in it are men of great stature.

33 There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight.”

And we know how the story went — that generation ***did not*** enter into the Promised Land — they reaped the negative consequences of their decision...

- [expand — sowing in fear instead of in faith / reaping of failure...]

Now, it is important for us to emulate the courageous example of Joshua & Caleb...

*But how can we live out this type of **courage** in the midst of the difficulties of this life?...*

Through our teamwork with fellow believers and our teamwork with the Holy Spirit!...

To see this truth in action please turn to...

Acts 4:23-31 *[Peter & John had been arrested...]*

23 And being let go, they went to their own companions and reported all that the chief priests and elders had said to them.

24 So when they heard that, they raised their voice to God with one accord and said: “Lord, You are God, who made heaven and earth and the sea, and all that is in them,

**25 who by the mouth of Your servant David have said:
‘Why did the nations rage,
And the people plot vain things?**

**26 The kings of the earth took their stand,
And the rulers were gathered together
Against the Lord and against His Christ.’**

**27 “For truly against Your holy Servant Jesus, whom
You anointed, both Herod and Pontius Pilate, with the
Gentiles and the people of Israel, were gathered together**

**28 to do whatever Your hand and Your purpose
determined before to be done.**

**29 Now, Lord, look on their threats, and grant to Your
servants that with all boldness they may speak Your word,**

**30 by stretching out Your hand to heal, and that signs
and wonders may be done through the name of Your holy
Servant Jesus.”**

**31 And when they had prayed, the place where they
were assembled together was shaken; and they were all
filled with the Holy Spirit, and they spoke the word of God
with boldness.**

For more on the courage given by the Holy Spirit, now turn to...

Acts 20:17-24 [Paul meeting w Ephesian elders...]

**17 From Miletus he sent to Ephesus and called for the
elders of the church.**

**18 And when they had come to him, he said to them:
“You know, from the first day that I came to Asia, in what
manner I always lived among you,**

19 serving the Lord with all humility, with many tears and trials which happened to me by the plotting of the Jews;

20 how I kept back nothing that was helpful, but proclaimed it to you, and taught you publicly and from house to house,

21 testifying to Jews, and also to Greeks, repentance toward God and faith toward our Lord Jesus Christ.

22 And see, now I go bound in the spirit to Jerusalem, not knowing the things that will happen to me there,

23 except that the Holy Spirit testifies in every city, saying that chains and tribulations await me.

24 But none of these things move me; nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God."

BIG TAKEAWAY - Not growing weary is an active decision to be courageous in the power that comes through fellowship with other believers and through fellowship with the Holy Spirit...

Please turn back now to Galatians 6:9 as we move into our third section...

3) Focus

And let us not grow weary while doing good

As I mentioned at the beginning of this study, the Ironman athlete must **focus** on swimming, biking and running — *in that order...*

- Likewise, the faithful Christian must also have an orderly **focus...**

But the focus of the Christian race is not on swimming, biking and running — the focus is on **doing good...**

- **Doing good** is the Christian's calling in life...

*But what exactly does it mean to be **doing good**?...*

doing - *speaks of a continuing action...*

good - *to do well, to do virtuously...*

*Practically speaking, we can divide **doing good** — into two parts...*

1) Doing good generally...

2) Doing good specifically...

*First of all, let's address **doing good generally** by turning to...*

Matthew 22:36-40

36 “Teacher, which is the great commandment in the law?”

37 Jesus said to him, “ ‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’

38 This is the first and great commandment.

39 And the second is like it: ‘You shall love your neighbor as yourself.’

40 On these two commandments hang all the Law and the Prophets.”

Generally, all of "***doing good***" can be funneled into the two categories of ***loving God*** and ***loving others***...[expand]

WARNING -- We often grow weary of running the race because we stop doing good...[expand]

As we stop doing good, we lose our focus, our courage begins to fade and we become untrustworthy teammates...[expand]

- Now, let's talk about ***doing good specifically***...

Doing good specifically entails doing those ***specific things*** that God has ***specifically called you*** and ***gifted you*** to do...

- The question is, what is that ***specific good*** that God has called you to do?...

Whatever it is, stay focused — keep doing good...

Please turn back to Galatians 6:9 as we move into our fourth section...

4) Patience

And let us not grow weary while doing good, for in due season

In this part of the verse we begin to see the farming metaphor once again...

- The word **for** Paul uses here could also be translated **because** and this word ties *the first half of the verse to the second half of the verse...*

And let us not grow weary while doing good, for [because] in due season we shall reap if we do not lose heart...

due season - *appointed time, set time, certain season...*

Just as **physical crops** have a definite season of *growing* and of *harvesting*, so **spiritual crops** have definite seasons of *growing* and *harvesting*...

And, in all transparency, I find this to be a challenging truth...

- My frustration results from the fact that I have **no idea when that due season will arrive...**

You see, a physical farmer can purchase a ***farmer's almanac*** that tells him *when to sow* and *when to reap*...

- But I have been unable to find a ***spiritual farmer's almanac*** that lets me know when the harvest is coming — and as a result, I don't know when the ***due season*** is!...

And because God does not tell us *when* the ***due season*** is, if we are to be ***faithful spiritual farmers*** we must be ***patient spiritual farmers***...

- We are to keep planting seeds, we are to keep watering them and we are to keep waiting patiently for the due season to arrive...

However, this waiting can be very difficult because we live in a fast-paced, instant-gratification society...

- So, how do we remain patient?...

We find the answer as we move into our next section...

5) Promise

And let us not grow weary while doing good, for in due season we shall reap

We can be ***patient*** because we have a ***promise***...

For in due season we shall reap!...

We have God's **promise** that **we shall reap** the fruit of our labors — we will receive a reward!...

- You see, the **reaping** will make all the intensive labor worthwhile...

This **promise** in **Galatians 6:9** is so valuable because it **guarantees** a spiritual harvest...

- [contrast with physical farming — harvest is in doubt because of the possibility of any number of environmental and biological factors...]

But when it comes to spiritual reaping, unforeseen difficulties cannot prevent the harvest...

1 Corinthians 15:58

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

Hebrews 6:10 (NKJV)

...God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister.

Hebrews 11:6 (NKJV)

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

- [expand — God wants us to reap! — He wants us to be rewarded for our labors!...]

So, let's keep running the race, let's keep working in the field — we have the Lord's promise that we will reap — that we will be rewarded...

With that said, we come to our final section...

6) Endurance

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Just as you cannot win the Ironman if you don't finish, you can't reap *all that God wants you to reap* if you quit on your crop...

- The promise of ***full reaping*** is ***conditional*** — the condition is enduring — we must endure if we are to reap the *fullness* of our spiritual crop...

I believe that this is the sort of thing that Paul wrote about in...

1 Corinthians 9:24-27 (NKJV) [turn there...]

24 Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.

25 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air.

27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

- [ex. farmer with multiple fields — quitting on certain fields will cause him to lose certain crops...]

Now, as we turn back to Galatians 6:9 let's consider the phrase...

lose heart - *to be weary, exhausted, to faint...*

This ***losing heart*** is a picture of a farmer who has broken up the ground, planted the seeds, watered the field — but in the heat of summer he quits on his crop...

- He leaves his field and fails to reap — he doesn't harvest...

But how can we endure until the end? — How do we avoid losing heart in the difficult days?...

To answer that question, please turn to to one last passage...

Hebrews 12:1-3

1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

2 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 has sat down at the right hand of the throne of God.

3 For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

It may seem elementary but we endure by teaming up with fellow believers and with the Holy Spirit and by keeping our eyes on the Lord Jesus...

- The Lord Jesus is our motivation, He is our example, He is the reason why we run the race, He is the reason why we work the field...

Ultimately, we will endure ***not*** as we focus on a ***purpose*** or a ***principle*** but as we focus on a ***Person*** — the person of Jesus Christ...[expand]

Conclusion

So, as we wrap up our time together, I hope you have been encouraged to keep running the race — to keep working the field — to keep doing good knowing that you will reap in due season...

- My prayer is that you and I will turn to **Galatians 6:9** in our times of discouragement and remember that the Christian life is not lived in isolation — you and I are teammates with fellow Christians and with the Holy Spirit...

May we remember that we can live courageously through the continual empowering of the Holy Spirit...

- My hope is that we remain focused on doing good continuously, remaining patient knowing that in due season we will reap a harvest...

Remembering that God promises to reward us as we endure until the end — keeping our eyes on the Lord Jesus throughout the race...

- It is true that we do not know how long our race will last *but we do know **Who** waits for us at the end...*

And when we get to Him, when we see Him face to face, we will know that it was all worth it...

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.