



Your school probably has a rule against fighting, and you would be in trouble if a teacher found you getting into a fight with another kid at school.

So how can a fight be “good”? And what does the Bible mean when it urges us to “fight the good fight of faith” as it does in 1 Timothy 6:12?



Australian athlete Cathy Freeman. She won gold in the 2000 Sydney Olympics.

We’re not meant to get into a physical fight with anyone, but we do have to work hard to live out our Christian beliefs in today’s world when there is so much opposition to the Christian faith all around us. People might think we’re weird or uncool, and they might say hurtful things to us about our beliefs.

To have the courage to stand our ground in the face of this kind of opposition is a fight. It’s also a fight to resist the temptation to take the easy way and just do what everyone else is doing when we know this is wrong. It’s a fight to keep putting God first in our life and following what he wants rather than our own wishes.

The Apostle Paul often describes the Christian life as being like a fight, a struggle or an athletics contest. These are all things that require discipline, perseverance and determination if we are to be successful.

The following verses are examples of this. Highlight or circle the words that make you think of a fight or an athletics competition.

The time of my death is near. I have fought the good fight, I have finished the race, and I have remained faithful (2 Timothy 4:6-7).

Let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us (Hebrews 12:1).

Put on all the armour that God gives you, so that you will be able to stand up against the Devil's evil tricks. For we are not fighting against human beings but against the wicked spiritual forces in the heavenly world, the rulers, authorities, and cosmic powers of this dark age. So put on God's armour now! Then when the evil day comes, you will be able to resist the enemy's attacks; and after fighting to the end, you will still hold your ground (Ephesians 6:10-13).