

The Power to Change—5 You Don't Win by Trying

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 1 Corinthians 9:24 NLT

You've been trying for too long.

Real and lasting change isn't behavior modification. It's spiritual transformation.

You do what you do because of what you think of you.

Based on who you want to become, what one habit do you need to start?

Based on who you want to become, what one habit do you need to break?

- **Spiritual Who**
- **Spiritual Why**
- **Spiritual What**
- **Spiritual What Not**
- **Spiritual How**

Stop trying. Start training.

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. ²⁶So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body like an athlete, training it to do what it should. ... 1 Corinthians 9:24-27 NLT

... Instead, train yourself to be godly. ⁸“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” 1 Timothy 4:7-8 NLT

Trying is an attempt to change with minimal commitment.

Training is whole-hearted commitment to achieve a specific result.

When You're Training

- 1. You get the gear.**
- 2. You create a game plan.**

So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body like an athlete, training it to do what it should. ... 1 Corinthians 9:26-27 NLT

Based on who you want to become, how are you going to train?

TALK IT OVER

Read **1 Timothy 4:7-8**. What does “training in godliness” look like in the world today? What tools could help train?

What's your current mindset like when it comes to making a lasting change in your life? What truths about your identity do you need to embrace to make the changes you want to see?

Talk about some of the habits you have in your life that strengthen your relationship with God. In what ways could you prioritize these habits to serve you and the people around you?

Start The Power to Change Bible Plan using Plans With Friends: www.go2.lc/powertochange