



FROM THE BIBLE
1 Corinthians 9:24-25 (NLT)
1 Timothy 4:7b-8 (NLT)
1 Corinthians 9:26-27 (NLT)

MESSAGE TO CONVERSATION GUIDE

Do or do not, there is no try

1. Joel started out this message by talking about a game his family likes to play called *BEAT THAT!* When it comes to games (i.e. board games, recreational games, etc.), how competitive would you say you are & what's your favorite game?
2. In this message, Joel said that sometimes Jesus Followers (and people in general) are really good at *trying* but not actually *winning*. What are some general or personal examples you can think of to support this?
3. Read 1 Corinthians 9:24. What is Paul's stated goal for us in this verse? What imagery is Paul using to illustrate his point to the people of Corinth (i.e. Greece - home to the original Olympic Games).
4. Have you ever felt like you keep taking 1 step forward and 2 steps back? If so, what are some general or specific reasons most people can relate to that?
5. The big idea in this message was, *if you want to actually win at changing...stop trying and start training*. Read 1 Corinthians 9:24-25 and discuss these verses and what you think that big idea means?
6. When Paul shared this verse about running and races, Olympic runners were known to train for 10 months before a race. Their diets and daily activity were in full-on training mode. What are some examples of how we can train spiritually?
7. Discuss this point from the message. *Trying to change is good intentions without any real plan or follow through. Training to change is putting good intentions into action with a measurable plan to reach a specific result.*
8. When you train, *first, you got to get the gear. Then, you have to actually use the gear & tie it to a plan*. Give some examples of how this could play out in our relationship with God, or money, or health, or relationships, etc.
9. Read 1 Corinthians 9:26-27. What do these verses mean to you in the context of this message and discussion?
10. Our takeaway question from this message was, *based on who you want to become, how are you going to train?* Does an answer come to mind for you?