

# HOW TO TURN YOUR RESOLUTION INTO A REVOLUTION

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*Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All 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. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. (1 Corinthians 9:24-27 NLT)*

## **THINGS WE TELL OURSELVES THAT UNDERMINE OUR GOALS.**

1. I JUST DON'T \_\_\_\_\_ LIKE IT.
2. I JUST DON'T FEEL \_\_\_\_\_ TO.
3. I JUST FEEL \_\_\_\_\_.
4. I JUST FEEL SO \_\_\_\_\_.

## **SO WHAT DO WE NEED TO DO TO BE SUCCESSFUL?**

1. I MUST STOP \_\_\_\_\_ MY \_\_\_\_\_.

*"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?" (Jeremiah 17:9, NLT)*

*"Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death." (James 1:14-15 NLT)*

2. I MUST \_\_\_\_\_ FROM WHATS TRIPPING ME UP.

*"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us." (Hebrew 12:1)*

*"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." (Romans 12:1-2, NLT)*

3. I MUST STOP \_\_\_\_\_ FOR THE \_\_\_\_\_.

*“We can make our plans, but the Lord determines our steps.” (Proverbs 16:9)*

*“Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.”  
(Proverbs 19:21)*

4. I MUST REMEMBER TO KEEP MY \_\_\_\_\_.

*“Set your minds on things that are above, not on things that are on earth.” (Colossians 3:2)*

*“But he turned and said to Peter, ‘Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man.’” (Matthew 16:23)*

*“Little children, keep yourselves from idols.” (1 John 5:21)*

**ACTION:**  
**Life development plan**