

“Don't you know that in a race everyone runs, but only one person receives the prize?”

### So run to win!

All athletes are disciplined in their training, but their prize fades away.

We do it for an eternal prize.

So don't run aimlessly, but with purpose in every step.

I discipline my body like an athlete, training it to do what it should. Otherwise, I would have no right to say this to you.”



The greatest enemy we will face in our race towards Christ is self.

Athletes have the discipline to train their bodies so they can win a temporary prize.

Why do we expect our lives to work out with no discipline?

You will not see freedom if you don't get serious about discipline in your spiritual life.

**Know your enemy** is sneaky and likes to attack when things are going well.

Joseph worked hard and struggled for years before becoming head of Potiphar's household.

Then Potiphar's wife made her move...

Identify your weakness as that one thing you just can't break.

You don't believe you can break free so you give in and tell yourself that God's grace will cover it.

### Get out of your comfort zone.

We go to church wondering what the church can do for us. Then we tap out when things hit a little too close to home.

We're missing the discipline needed to train ourselves daily.

**Crossfit is HARD** but people still

stick with it because they can see the benefits.

It's the same with our spiritual lives.

We need to **run to win!**

