

GREATER REWARD Wk2: TRAINING TEACHING NOTES

1 Corinthians 9:24-26 (NIV); 27a (NLT)

With God's help, we will choose what we want most over what we want now

3 Great Philosophers...

Epictetus

...give yourself completely over to your preparation

Dale Earnhardt

"second place is just the first loser."

Ricky Bobby

"If you ain't first, you're last."

What do you need to prepare for?

Maybe you have been **trying** for too long

Stop **trying** and start **training**.

Trying is an attempt to change with minimal commitment.

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

Do what you can **do today** that will enable you to **do even more tomorrow**

TALK IT OVER

INTRODUCTION

Now more than ever, we need a fresh start. You could do what you've always done. Choose what you want now over what you want most. But there's a Greater Reward waiting for you. Discover how to let go of the status quo and stay focused on who God says you are and what He wants for your life. Today, discover that trying may not be enough. Maybe it is time to start training.

DISCUSSION QUESTIONS

1. What do you think about change? Do you like it, or would you prefer things stay the same?
2. What's your go-to way of exercising? Walking, biking, swimming, or something else?
3. Think about a goal you successfully met in the past. Did you try for that goal, or train for it? What was your experience like?
4. Read 1 Corinthians 9:24-27. How would training for your goals change the way you pursue them?
5. We win when we become more of who God created us to be. Who do you think God created you to be?
6. Is there a goal you've been trying to meet, without success? Think about how you could begin training in order to reach your goal.
7. What is your next step in your training to achieve the goal in question 6?

MOVING FORWARD

Maybe consider praying this prayer: Father, thank You for calling each of us to grow. You never leave us where we are, or how we are. Instead, You give each of us opportunities to overcome challenges and become more like Your Son each day. Help us train for the challenges we're facing with joy, knowing You're always with us. In Jesus' name, amen.

CHANGING YOUR MIND

"...train yourself to be godly."

— 1 Timothy 4:7 (NIV)