



THE POWER TO CHANGE

Part 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! 25 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. 26 So I run with purpose in every step. I am not just shadow boxing. 27 I 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 shadow boxing. 27 I 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?


Suggested Reading Plan: [The Power to Change](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery is available for children up to age 4, and KidZone for ages 5-11.
- **Girl’s Ministry** for grades K-6 Tuesdays 5:30-6:30 PM. See Sharee Haromontelongo for more info.
- **Finish Line Youth** for ages 12-12th grade Fridays 7- 8:30 PM. See Pastor James for more info.
- **Youth Group Bake Sale** March 26. All proceeds will go to our youth group to help offset the cost of Youth Convention and other activities!
- **Family Movie Night** March 24 @ 6:30 PM. See Sharee for more info!
- **Hymn Sing** March 31 @ 7 PM. See Becky Gayne for more info!
- **March Missions Focus:** The DeMartinos, Missionaries to Mexico, are fundraising to buy a building from which they can serve the hungry and homeless. The church council has decided to give \$1000 to this mission, and we will match what is collected during the month of March, up to \$1000! Make checks payable to New Life, and write “DeMartinos” in the memo or on your envelope.
- **Women’s Spring Rally** April 15 in Middletown. See Cheryl for more info!

Check out our newly redesigned website @ newlife-saugerties.org!

And, download our new mobile app!


New Life Assembly of God

Available in App Stores

