



## Part 2: Training for the Adventure!

### 1. What's The Goal?

*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 shadowboxing. 27 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*

*Even though I am a free man with no master, I have become a slave to all people to bring many to Christ. - 1 Corinthians 9:19 NLT*

### 2. How Do We Train?

*But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, 16 keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander. - 1 Peter 3:15-16 NIV*

### 3. Power Up!

*I can do all this through him who gives me strength. - Philippians 4:13 NIV*

*Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. - 2 Corinthians 12:9 NLT*

*God is awesome in his sanctuary. The God of Israel gives power and strength to his people. Praise be to God! - Psalm 68:35 NLT*

*But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." - Acts 1:8 NLT*

### TALK IT OVER

- Read Acts 1:8, 2:1-14. How does the Holy Spirit give us power to live life with Jesus?
- Talk about a time when you shared the reason for the hope that you have. How did the person respond, and how did you feel?
- Is there anyone in your life who needs to be introduced to Jesus? What could you do to help them learn the truth about God?

**Suggested Reading Plan: [One Story At A Time](#)**

**Announcements:**

- **Sunday Service @ 10 AM.** Nursery for children up to age 4 on weeks 2,3 & 4; KidZone for ages 5-11. ***Please Note:*** We want families to experience the “At The Movies” series together, so there will be NO KidZone August 20-September 3. We invite kids to stay with their families in “big church.”
- **Girl’s Ministry** for grades K-6 *is on pause for the summer!*
- **Finish Line Youth** for ages 12-12th grade *is on pause for the summer!*
- **Football Sunday** September 10! Wear your favorite football team’s gear, invite a friend to church, and join us for a **barbecue immediately following the service at Sojourner Truth/Ulster Landing Park.**
- **Women’s Bible Study - Abide: A Study of 1,2, & 3 John**, Thursdays from 6:30-8 PM beginning September 21. Location TBA, cost \$28 (includes study guide). Please register by September 11 at <https://newlife-saugerties.churchcenter.com/registrations/events/1886040>

For more information, visit [newlife-saugerties.org](https://newlife-saugerties.org) and download our mobile app!

