

**Why We Don't Win with Trying  
The Power to Change – Part 1  
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**Truth in a nutshell:** Real and lasting Life change isn't behavior modification. It's spiritual transformation.

**Text: I Corinthians 9:24 (NLT)**

**A. You've been trying too long.**

1. Lasting Life Change comes with Spiritual Transformation.
2. You do what you do because of what you think of you.
  - i. Who do you think you are?  
Spiritual Who:  
Spiritual Why:  
Spiritual What

**B. Do your Habits line up with your goals?**

1. Based on who you want to become, what Habit do you need to start?
2. Based on who you want to become, what Habit do you need to stop?

**I Corinthians 9:24-27 (NLT)**

**C. Training to win.**

**Timothy 4:7-8 (NLT)**

*"We are not trying to be different people, but we are training to be different people."* (Dallas Willard)

**D. The Difference between Trying & Training.**

1. Trying is an attempt to change with minimal commitment.
2. Training is whole-hearted commitment to achieve a specific result.

### 3. When You're Training

- i. You get the gear.
- ii. You get organized: you have a game plan.

### **E. Training for Spiritual transformation.**

1. Gear - (Make your own list)
2. Plan to give God priority time.
3. Trying apart from Training is Unthinkable.

### **I Corinthians 9:26-27**

**Gear/Plan**—Discipline my body like an athlete!

### **Recap:**

1. When I'm trying—I'm Hoping to become something I'm not.
2. When I'm training—I'm getting better at what I already am!
3. Based on who you want to become, how are you going to train?

### **Next Steps.**

1. Committing my Life to Christ
2. I am committing to training in Godliness
3. I would like to be water Baptized
4. I need help with my training plan