

Stop Trying and Start Training

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1. Trying and not succeeding

- Trying = attempting to change with minimal commitment
- Stop trying and start training

²⁴ 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

2. How is training different from trying?

- Training = wholehearted commitment to achieve a specific result
- When you train, you...
 - Get the gear
 - Create a strategy and plan
 - Consult with a mentor/coach
 - Put significant time, money, and energy into it

⁷ ... 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

Next Steps:

- Stop trying and start training for _____ by _____
- Confess that I don't try very hard at _____ in my life
- To help my spiritual training, I will _____
- Attend the final week of this series (or watch on our Youtube channel)
- _____