

GREATER REWARD—2

WHY CAN'T I CHANGE?

- _____ of New Year's resolutions fail by the second week of February.
- **With God's help, we will choose what we want most over what we want now.**

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵All 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. ²⁶So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body like an athlete, training it to do what it should. ... 1 Corinthians 9:24-27 NLT

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

"If you withdraw without sufficient reason, you will be whipped. And this whipping comes after your training, which involves thirst and broiling heat and swallowing handfuls of sand." —Epictetus

WHY ARE YOU NOT CHANGING

- You've been _____ for too long.
- Stop _____. Start _____.

- _____ never achieves consistent results. _____ does.

DIFFERENCE BETWEEN TRYING AND TRAINING

- **TRYING** is an attempt to change with _____ commitment.
- **TRAINING** is _____ commitment to achieve a specific result.

Everyone who competes in the games goes into strict training. ...

1 Corinthians 9:25 NIV

- **agonizomai**—to _____ for victory, to _____ every nerve toward the goal

... train yourself to be godly. 1 Timothy 4:7 NIV

- **Training** is doing what I can do _____ to enable me to do even more _____.

So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body like an athlete, training it to do what it should. ... 1 Corinthians 9:26-27 NLT