

1 John 5:4-5 NLT

For every child of God defeats this evil world, and we achieve this victory through our faith.
And who can win this battle against the world? Only those who believe that Jesus is the Son of God.

1 Corinthians 15:57 NLT

But thank God! He gives us victory over sin and death through our Lord Jesus Christ.

1 Corinthians 9:24 NLT

Don't you realize that in a race everyone runs, but only one person gets the prize?
So run to win!

1 Timothy 4:7 NLT

Do not waste time arguing over godless ideas and old wives' tales.
Instead, train yourself to be godly.

Stop Trying - Start Training!

Trying is an attempt to change with minimal commitment

Training is a commitment to achieving a specific purpose

1 Corinthians 9:25-27 NLT

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. So I run with purpose in every step. I am not just shadowboxing. 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.

When I'm trying I'm hoping to become something I'm not!

When I'm training I'm getting better at what I already am!

4 Questions to help you train better:

1. What am I fighting for?
2. What do I need to do win?
3. Where can I create time/margin/energy?
4. What happens if I don't?