

WIN THE DAY: TOMORROW STARTS TODAY

Part 3: Why Training Is Better than Trying

WEEK OF FEBRUARY 21, 2021

Why is it that we try so hard to improve, to change, to grow--but we just can't seem to follow through? Stop trying. Start training.

MESSAGE NOTES AND HIGHLIGHTS

- **1 Corinthians 9:24-27** - Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 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.
 - We all want to win in these areas (the 8 F-words): **Family, Friends, Finances, Fun, Fitness, Field** (career, job, contribution to the world), **Faculty** (mental capabilities, learning, personal development), **Faith** (your spiritual life)
 - Discipline is one of the most important trains you can have if you want to win the day.
 - Discipline is consistently choosing what you want most over what you want now.
 - Successful people do consistently what other people do occasionally.
 - Stop trying. Start training.
 - Trying is an attempt to change with minimal commitment. Training is a wholehearted commitment to achieve a specific result.
 - **1 Timothy 4:7** - "...train yourself to be godly."
 - 3 Steps for Training: #1: Clarify your why. #2: Get a game plan. #3: Get to work.
 - Failure is not final. It's part of the process.
 - Failure that teaches a lesson is simply tuition toward your future success.
 - **Zechariah 4:6** - 'Not by might nor by power, but by my Spirit,' says the Lord Almighty.
 - True fulfillment in life comes not just from behavior modification, but from spiritual transformation.
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DISCUSSION QUESTIONS

1. Almost everyone wants to win in these 8 areas: **Family, Friends, Finances, Fun, Fitness, Field** (career, job, contribution to the world), **Faculty** (mental capabilities, learning, personal development), and **Faith** (your spiritual life).

In which of these areas do you feel you're doing the best? In which of these areas do you want/need to see the most growth?

2. How disciplined are you? Are there some areas in which you're really disciplined, and others where you're not?
3. Trying is often half-hearted, and it lacks intentionality, strategy, and accountability. Training is whole-hearted, intentional, and involves a plan and accountability. What have you tried to do, but fell short? What have you trained for successfully?
4. Part of training is clarifying your "why," figuring out what matters most. What is your "why" for an important goal you have?
5. How much do you remember to rely on God instead of trying to do everything in your own power? What do you think it looks like to rely on God instead of just yourself?