

## GREATER REWARD—2 WHY CAN'T I CHANGE?

Ever wonder why you want to change, but you don't?

Powerful truth from Scripture—Change mindset—Change life  
Live long enough—Recognize NYRs similar year to year.

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Try really hard—Succeed for few days/week—Fall back

**80% fail by 2<sup>nd</sup> week February!**

(Stop)—Overeating—Smoking—Porn—Fall back into it.  
(Start)—Bible—Praying—Working out—Drift away.  
Get better w/\$—Tired trying—Shopping instead.

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You want what's—Right—Good.  
You also want what's—Wrong—Bad.

Title—**WHY CAN'T I CHANGE?** (Trying)

- **With God's help, we will choose what we want most over what we want now.** (Pray)
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*<sup>24</sup> Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup> 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. <sup>26</sup> So I run with purpose in every step. I am not*

*just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. 1 Cor 9:24-27 NLT*

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Paul's audience clearly understood this competitive metaphor.

Writing to Corinthians—Corinth city in Greece  
Every 4 years, Greece hosted Olympic games (\*)

Corinth—Local competition called **Isthmian Games**  
Chariot Races—Boxing—Wrestling—Poetry contests (rasslin)

Jr Fire Marshall—Hall Monitor—(1<sup>st</sup>)—5<sup>th</sup> grade dramatic reading.

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*<sup>24</sup> Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 1 Cor 9:24 NLT*

Like to win? Not Xian win!  
Paul didn't say—Run to finish—Run to place—Win!

Theologian Ricky Bobby, "If you ain't first, you're last." (\*)

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Greek Stoic Philosopher—(Ep-e-Ketus)

*"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 (\*)*

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**Don't rationalize away joy of honoring God with your best!**

Garden—Fruitful & Multiply—Fill Earth & Subdue.  
Talents—Multiplied—Faithful—(Wicked)

Go all world—Sleep in—Be mediocre—Participation. (Unto)

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Run win! Why aren't we winning? Achieving goals? Progress?

- **You've been trying for too long.**
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Most important areas in life—Most Xians—Theology Trying.

Because you care—Try! (Trying)

Trying Quit Smoking—Try Start Praying—Try Stop Cussing  
Try Loving—Try Stop worrying—Try Better Shape.

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**Your problem—You've been trying for too long!**

**Stop Trying. Start Training! (\*)**

- **Trying never achieves consistent results. Training does.** (Diff)
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- **TRYING is an attempt to change w/minimal commitment.**

Often half-hearted attempt.

TRY read bible—TRY be nice—TRY not order dessert.

“Trying” gives me plenty of room to fail!

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Trying attempt to change with Minimal Commitment.

- **TRAINING is wholehearted commitment to achieve a specific result.**
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Know difference—When you’re TRYING—Show up—Hope!

TRAINING—Game Plan—Strategy!  
Eye Tiger—Rocky—Kobra Kai

When you’re “trying”—Give up if too hard—Don’t feel like it!  
Training—Don’t act according feelings, according to commitment.

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<sup>25</sup> *Everyone who competes in the games goes into strict training.*  
1 Cor 9:25 NIV

- ***agonizomai*—to contend for victory, to strain every nerve toward the goal.**

Olympic Games—10-month intense/intentional training regimen.  
Strict Diet—No Wine—No Junk—Extreme Cold & Heat! Sand.

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Imagine one athletes showing up compete marathon?

Train? Didn’t have time? T-Shirt!

But gonna try really hard!

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**When you are an athlete, competitor,  
fighting something matters, vision, goal, dream, assignment.**

**Trying, apart from training, is unthinkable.**

<sup>7</sup> *Train yourself to be godly.* 1 Tim 4:7 (Didn't say, Try godly)

### **Not Trying—Training**

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What do I do? **How** do I train? What is training?

- **Training is doing what I can do today, to enable me to do even more tomorrow.**

Run marathon today? Walk mile today!

Get out of debt by next month? Bring coffee—Starbucks.

Spiritual powerhouse by noon? Open YV.

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<sup>26</sup> *So I run with purpose in every step. I am not just shadowboxing.*

<sup>27</sup> *I discipline my body like an athlete, training it to do what it should. 1 Cor 9:26-27 (**Keys**)*

Discipline my body like an athlete! (Identity)

When I'm trying—Hoping to become something I'm not.

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

## **Not Trying—I'm Training!**

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## **Not Trying—I'm Training!**

**Training isn't a hopeful experiment  
Devoted commitment driven by a deeper why!**

- Not trying better marriage—Great marriage—In Training!
  - Not trying better parent—Godly parent—In Training!
  - Not trying avoid hook up—Ambassador X—In Training!
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Who I am?—Warrior  
Someone Protect/Kingdom Advance

**Training in Jujitsu—Not trying to fight—Training! (\*)**

3 Lessons a week! (2 stripes)  
Winning—Might not look like it—22 year old NCAA wrestlers

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Not winning because I beat someone  
Winning because I'm becoming more of God created me to be.

**Successful reach goal future—Training today!**

**Stop Trying—With God's help—Start training.**

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