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CHRIST CHURCH

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What I Want Most

Dr. Jeff King
Christ Lutheran Church
Southwick, Massachusetts

You Are Stronger
Than You Think You Are

- **80% of New Year's Resolutions fail by the second week of February.**

- **With God's help, I will choose what I want _____ over what I want _____.**

"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." (1 Corinthians 9:24-27)

"Don't you realize that in a race everyone runs, but only one person gets the prize? So, <u>run to win</u>!" (1 Corinthians 9:24)

"They do it to win a prize that will <u>fade away</u>, but we do it for an <u>eternal prize</u>." (1 Corinthians 9:25)

The Difference
Between Trying and Training

- **Stop _____. Start _____.**
- **Trying never achieves _____. Training does.**
- **Trying is an attempt to change with _____.**
- **Training is a _____ to achieve a specific result.**
- **When you're training you don't act according to your feelings, you act according to your _____.**

"Everyone who competes in the games goes into strict training." (1 Corinthians 9:25)

- ***Agonizomai* – to fight for victory, to strain every nerve toward the goal.**

"Train yourself to be godly." (1 Timothy 4:7)

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