

## **WHY CAN'T I CHANGE?**

### **Greater Reward – Part 2**

**January 11, 2026**

**With God's help, we can choose  
what we want most over what we want now.**

**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!"* <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. Otherwise, I fear that after preaching to others I myself might be disqualified."*

**The nature of a disciple is discipline.**

**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!"*

**Paul didn't say, "run just to finish."**

**Paul didn't say, "run to place."**

**Paul said, "run to win."**

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

**Genesis 1:28 (NIV)** *"God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.'"*

**Matthew 25:26a&27 (NIV)** *"His master replied, 'You wicked, lazy servant! <sup>27</sup> You should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest.'"*

**Matthew 28:19-20 (NIV)** *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

**Colossians 3:23-24 (NIV)** *"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, <sup>24</sup> since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."*

**Why aren't you winning?  
Perhaps you've been trying for too long.**

**Change Your Strategy  
Stop Trying and start Training.**

**Trying never achieves consistent results.**

**Training is an entirely different mindset and perspective.**

**What do you do when you're trying?  
Trying is a half-hearted attempt to change  
with minimal commitment.**

**Training is a whole-hearted commitment  
to achieve a specific result.**

**When you're training, you don't act according to your  
feelings. You act according to your commitment.**

**1 Corinthians 9:25 (NIV)** *"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever."*

**Training-agonizomai: to contend for victory,  
to strain every nerve toward the goal**

**1 Timothy 4:7 (NIV)** *"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly."*

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

**1 Corinthians 9:26-27a (NLT)** *"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."*

**Training isn't a hopeful experiment.  
It's a devoted commitment driven by a deeper why.**

**Training is a game changer.**

**1 Timothy 4:8 (NIV)** *"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."*

**Desire to Discipline to Delight**

**Spiritual training is to become who God created you to be.**