

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! ²⁵ 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. ²⁶ So I run with purpose in every step. I am not just shadowboxing. ²⁷ 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! ²⁷ 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, ²⁰ 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, ²⁴ 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. ²⁷ 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.