



# THE POWER TO CHANGE

## Training Day // Jeff Brodie // February 2, 2025

We all want to “win” in multiple areas of our lives, but is that the way we should think about it? And if you are honest, most of the time it feels like you try to change and make progress but you don’t. What does it look like to spiritually win in our lives? What if there was an alternative to simply trying? Let’s talk about it.

**Scripture:** [1 Corinthians 9:24-27 NLT](#); [1 Timothy 4:7-8 NLT](#); [Matthew 16:24-26 NLT](#);  
[Galatians 6:7-9 NLT](#)

**Bottom Line:** Stop trying and start training.

### Discuss:

*Reminder: The goal is always a good discussion, not completing every question. Use these as a tool to help.*

1. How do you feel about winning? Do you naturally enjoy competition? Why or why not?
2. Can you think of an area in your life where you feel like you’re “losing” right now? What makes that area difficult?
3. What do you think is the difference between “trying” and “training” when it comes to personal growth and change?
4. Read 1 Corinthians 9:24-27, where Paul compares the Christian life to a race.
  - a. What does this passage highlight for you in how you should live out your faith?
  - b. What does it look like to be intentional in your faith journey?
5. Read 1 Timothy 4:7-8. In this passage, Paul talks about training for godliness.
  - a. How is spiritual training similar to physical training? How are they different?
  - b. Where in your life have you been trying instead of training?
  - c. What has kept you from shifting your approach to training?
6. Read Matthew 16:24-26. Jesus calls us to deny ourselves and take up our cross.
  - a. How does this challenge the way we typically think about success and priorities?
  - b. How does this change the filter you use for how you approach your decisions?
7. Read Galatians 6:7-9. This passage reminds us that what we reap is a direct result of what we sow.
  - a. What are you sowing in your life right now?
  - b. Will what you’re sowing today lead to the harvest you want (and God wants) for your life 5 weeks, 5 months, and 5 years from now? If not, what do you need to change to redirect your life toward where you want to be?

**Moving Forward:**

Based on who God has called you to be 5 years from now, share one change you want to commit to make over the next 5 weeks. Explain what it would look like to be training for this (vs. simply trying). Share this with your group so they can help hold you accountable. Ask God for a fresh experience of his grace and his Spirit in your life, which is the power source for change.