



January 25, 2015

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- It's often the \_\_\_\_\_ things that no one sees that result in the \_\_\_\_\_ things that everyone wants.
- Discipline is choosing between what you want \_\_\_\_\_ and what you want \_\_\_\_\_.

### Why Am I So Inconsistent?

<sup>15</sup> I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.... <sup>18</sup> And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. <sup>19</sup> I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. <sup>20</sup> But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.... <sup>24</sup> Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? <sup>25</sup> Thank God! The answer is in Jesus Christ our Lord.

**Romans 7:15, 18-20, 24-25a (NLT)**

### Training to Win What Matters Most

<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.

**1 Corinthians 9:24-25 (NLT)**

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

**Hebrews 12:1 (NLT)**

<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.

**1 Corinthians 9:26-27 (NLT)**

What do you want most?

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My One Discipline: What do you need to do \_\_\_\_\_ to have what you \_\_\_\_\_ most?

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<sup>10</sup> Do not despise these small beginnings, for the LORD rejoices to see the work begin,.... **Zechariah 4:10a (NLT)**

### My Next Step Today Is To...

- Receive Jesus making him Lord of my thoughts, words and habits.
- Commit to do now that which will help me reach what I want the most?
- Lay down my old self, which is bent toward sin, and develop Spirit disciplines which will help me live a life which glorifies God.
- Memorize and/or meditate on 1 Corinthians 9:27a