



## WHY CAN'T I CHANGE?

HIGHLAND Church of God

Pastor Mark McCord

February 28, 2021

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

*"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."*

--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!"*

--1 Corinthians 9:24 NLT

*"If you withdraw without sufficient reason, you will be whipped. And this whipping comes after your training, which involves thirst and broiling heat and swallowing handfuls of sand." —Epictetus*

- You have been \_\_\_\_\_ for too long.
- Stop trying. Start \_\_\_\_\_.
- Trying never achieves consistent results. \_\_\_\_\_ does.
- TRYING is an attempt to change with minimal commitment.
- \_\_\_\_\_ is wholehearted commitment to achieve a specific result.

*“Everyone who competes in the games goes into strict training.” ... --1 Corinthians 9:25 NIV*

***agonizomai***—to contend for victory, to strain every nerve toward the goal.

*...“train yourself to be godly.” --1 Timothy 4:7 NIV*

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

*“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.”*  
 -- 1 Corinthians 9:26-27 NLT