

## What's the Difference?" "Training vs. Trying"

*Training vs. Trying. What's the difference? We've all trained for things.  
Trained to become a better cook...a better athlete...a better spouse...a better investor...  
.a better student...a better gardener...a better parent.*

*We've all trained for all kinds of different tasks and events in our life.  
In the same vein, to become close to the heart of Christ and His mission for our lives, we need to train.  
It's more than simply trying to get closer to Christ. It's about intentionally training ourselves and  
developing in the disciplines that will propel us to be all that God has created us to be.  
Let's look at what the scriptures say about training and how it relates to a follower of Jesus.*

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**1 Timothy 4:7 says, "Train yourself to be godly".**

- **The goal of the training is godliness.**
- **Training involves a discipline of self.**

*Remember this: Godliness is not outsource-able.*

*"No discipline seems pleasant at the time." (Hebrews 12:11)*

**1 Corinthians 9:24-27**

**Romans 12:2**

### **Spiritual Discipline:**

**Any activity that can help me gain power to live life as Jesus taught and modeled it.**

#### **Application:**

*Joy*

*Brokenness*

*Give*

*Solitude*

*Memorizing Scripture*

*Fasting*

*Praying*

*Witnessing*

*Confession*

***"Spiritual transformation is not a matter of trying harder, but of training wisely."***  
*- John Ortberg*