

## **OW2P Study - Training Factor (Part 11)**

### **Goal**

Being a champion is not easy. If it were easy, we'd all be champions. True champions do not just "rise to the occasion." In actuality, their hard work meets the opportunity to succeed. When the competitor pays the price of practice, preparation and persistence, a champion is made. Here we discover the disciplines that define the champion, not just success in the contest but significance in a life of victory.

### **Key Scriptures**

I Timothy 4:7-8; Acts 17:10; 2 Corinthians 2:11; Joshua 1:6-8; Psalms 119:9-11

### **Warm Up**

Pass out a sheet of paper with 15 very simple math problems (i.e.  $6+4$ ,  $3-2$ ,  $10-5$ , etc.). The worksheet is to remain face down until further instructions can be made. Be sure to include addition, subtraction, division and multiplication. Indicate that exactly one minute will be allotted to complete the worksheet. The directions at the top of the handout should read as follows:

*Sign your name on your paper. Below are 15 simple math problems. As quickly as possible read all instructions and complete the problems below. When you are finished turn your paper over. When you see a plus sign subtract, when you see a minus sign, add. Do the same for division and multiplication. There should be no talking or peeking.*

Start timing after you instruct everyone to turn over the paper and begin. Announce the time remaining at 40 seconds, 20 seconds and count down from 10 seconds remaining to 0. Have everyone exchange his or her worksheet for correction. Read the answers. Some may have caught on to the details of the instructions, most will not. Who got the most right? Who got the most wrong? How do both feel? As the old adage goes, "When all else fails, read the instructions."

### **Watch**

Show the Week 11 video — "Training Factor"

### **Workout**

One of the most dominating defenses in Super Bowl history was the 1985 Chicago Bears. They won Super Bowl XX, 46-10, over the New England Patriots.

When Coach Mike Ditka was asked about their dominance, he said, "This game was won on Tuesday and Wednesday. We had two perfect practices. Our victory was sealed."

How you perform is directly related to how you prepare. If you are going to remain drug free, you must prepare. If you are going to fight the good fight of faith your entire life, you must prepare. If you are going to enjoy the victorious life of a true believer, you must prepare. Begin with the instructions! Read them all! After you receive instructions, then you act. Not until then do we close the loop in our relationship with Christ. Receive the instructions, obey them and remain in constant communication with God by prayer.

God's Word, the Holy Bible, gives us all the instructions we need for developing disciplines that win. In fact, the words H.O.L.Y. and B.I.B.L.E. are acronyms that will help you remember your Bible's rightful place: Honor, Obey, Love, Your, Bible, It, Brings, Life, Everlasting!

Matthew 10:8 says that we ought not to fear the one who can destroy the body, but rather the one who can destroy the body and soul. Your greatest asset is the strength that no one sees. Your inner strength deserves nurturing the most. When you have spiritual maturity you are less likely to disappoint God. Be driven by a reverence for a Holy God rather than your fear of your top contender.

Too often athletes concentrate on getting bigger, stronger, faster and better. There is no harm in improving, but our first goal should be to read and obey the instructions, God's Word (1 Timothy 4:6-8). In addition, we should meditate on God's Word. Joshua 1:6-8 says these words should not leave you but you should meditate on them day and night to observe and do what is written. Then you make your way prosperous, and then you have success.

### **Workout Questions**

1. What did the people of Berea do as an example for today's believers? (Acts 17:10)
2. What is the only discipline that David concluded would keep him from falling into sin? (Psalm 119:9-11)
3. One of the shortest verses in the Bible gives us our tallest command. What discipline strengthens our inner person most? (1 Thessalonians 5:17)

### **Wrap Up**

The greatest discipline anyone can develop is learning how to get a grip on God's Word. This happens when we read, study, memorize, meditate and do God's Word. You may do this in your daily quiet time or weekly devotions.

We express our response to God's Word (our instructions) by communicating our love to God through obedience and prayer. Master these disciplines and you will master self-control. Satan's greatest fear is the believer who has trained his/her ear and heart to the heart and voice of God, the believer who is willing to do whatever Jesus says to do.

Every day set aside a special time for your training time. During this time you can talk to God and let him talk to you through the Bible. There are many effective methods that can be used for your daily time with God. The PRESS method is the one we suggest.

### **PRESS Method**

#### **Pray**

Begin by thanking God for the new day, and then ask Him to help you learn from what you read. Prepare yourself by:

- Clearing your mind and being quiet before the Lord

- Asking God to settle your heart
- Listening to worship music to prepare your spirit
- Asking God for a teachable heart

## Read

You can read each day Proverbs (there are 31 chapters in Proverbs, so you have one chapter per day), a psalm and a chapter out of the New Testament or Old Testament. Another way is to begin with one of the Gospels such as John; or one of the shorter letters such as Ephesians or James.

## Examine

Ask yourself the following questions in regards to the passage:

1. *Teaching*: What do I need to KNOW about God, myself and others?
2. *Rebuking*: What do I need to STOP doing — sins, habits, selfish patterns?
3. *Correcting*: What do I need to CHANGE in my thoughts, attitudes or actions?
4. *Training*: What do I need to DO in obedience to God's leading?

## Summarize

Do one of the following:

- Discover what the passage reveals about God and His character; what it says or promises about me, and what it says or promises about others — my parents, friends, teammates, etc. Write this in a personal journal.
- Rewrite one or two key verses in your own words.
- Outline what each verse is saying.
- Give each verse a one-word title that summarizes what it is saying.

## Share

Talk with God about what you've learned. Also, take time each day to share with someone what you learned. Having a daily "Training Time" is extremely important. It is the key to developing spiritually.

If you commit to doing these over the three months, you will have established this habit which is a key to your spiritual development.

I will commit to establishing this daily habit.

Signed \_\_\_\_\_

Today's Date \_\_\_\_\_

To receive a daily e-devotional called "FCA's Impact Play," go to [www.FCA.org](http://www.FCA.org).

## Bible Reference:

1 Timothy 4



Fellowship of Christian Athletes © 2025  
 8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
 Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#)

**Source URL:**<https://fcaresources.com/bible-study/ow2p-study-training-factor-part-11>