

## **Bigger. Faster. Stronger.**

### **Ready:**

“Train ourselves to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” – 1 Tim. 4:7-8

### **Set**

Growing up, sports were my life. No matter what the season, I had a ball in my hand. When I got to high school, I realized that I had to train with more focus and intensity. I needed to get bigger, stronger, and faster. Over 95% of an athlete’s time is spent training and less than 5% competing.

Training prepares us for game time. We make sacrifices to get better. Tim Tebow says “hard work always beats talent when talent doesn’t work hard.” Some athletes want the results without the work, but that’s not the way it works. Our desire needs to be matched by our do.

Spiritually speaking, most of us spend very little time training for life. We call it devotions, but we aren’t very devoted. We call it quiet time, but then rush through to tackle the noise of the day. If we’re honest, most of us don’t even have a plan. And our hit-and-miss approach is littered with excuses that we’re too tired or too busy. We need to put ourselves in position for God to do what only He can do – transform us from the inside out.

We need to show up and put in some time. We can’t be weekend warriors. If we want to experience real life-change, we have to train. Make a sacrifice, get a plan, and show up for the workout. There are no shortcuts to godliness. We must do the training and let God do the changing.

### **Go**

1. What are some things that you could do on a daily basis that will increase your spiritual capacity?
2. If you could do one thing for maximum spiritual growth and life change, what would you do?

### **Workout**

2 Peter 1:3-4 Hebrews 12:10-12 Philippians 2:12-13

### **Overtime**

Father, give me the desire and discipline to begin and stick with a spiritual training program that increases the capacity of my heart and soul. When I show up and train, you will bring

change from the inside out. Amen.

**Bible Reference:**

2 Peter 1



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