

The Narrow Path

Ready:

"Enter through the narrow gate. For the gate is wide and the road broad that leads to destruction, and there are many who go through it. How narrow is the gate and difficult the road that leads to life, and few find it." - Matthew 7:13-14

Set

Growing up, I trained with Olympic swimmers. The invitation to join SoCal's elite was thrilling—until I experienced the grind. Workouts started earlier, lasted longer, and pushed me harder than ever. There were no shortcuts, only relentless discipline. Training alongside champions forced me to raise my game, refine my technique and push beyond my limits.

Champions don't just show up—they embrace their workout. They train when tired, press through setbacks, and reject sub-standard performance. Their success comes from unwavering commitment, not convenience. In faith, the narrow path demands similar resolve. Following Christ means learning from His coaching and surrounding ourselves with champions who press forward with us to grow in faith.

Wide-gate proponents have shallow goals. Culture whispers that "easier ways" exist. The crowd argues that "shortcuts" produce the same training results. Why resist if compromise seems harmless? Why persist when everyone takes the shortcut? Elite athletes know the truth—wide-gate choices lead to weak preparation, lazy habits, and mediocre performance. "Easy outs" undermine conditioning when extreme performance is demanded.

Remember: Narrow-gate training isn't about restrictions; it's about unlocking our full potential in Christ. Jesus' narrow-gate does not promise an easy path, only a meaningful path to abundant life (John 10:10). True champions—both in sports and faith—are forged by disciplined training. As James reminds us, "Blessed is the one who perseveres under trial..." - James 1:12.

Go

- Recall a time when you chose the "easy way" instead of raising your game.
- Name three champions who push you to grow narrow-path faith.
- How has God shown His faithfulness when you accepted His challenge?

Workout

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1 Corinthians 9:24-27

- Joshua 1:8-9
- 1 Timothy 4:7-8

Overtime

“Lord, lead me not into temptation but deliver me from evil. You know how I go for the easy way; how I choose what is popular; how I opt for shortcuts. Build faithful endurance in me. Encourage my obedience. Magnify Yourself in me today. In Jesus' name, amen.”



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