

01.17.10 Determine to Train

- HEBREWS 12:1-3—  
 “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”
- ENEMIES OF CHANGE:  
 Living RUSHED!  
 Living VAGUE!  
 Living SCATTERED!
- 1 TIMOTHY 4:8, 12-16—  
 "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... Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity. Until I come, devote yourself to the public reading of the Scripture, to preaching and to teaching. Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you. Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and your doctrine [teaching] closely."
- CHARACTER GAPS:  
 Where are You?  
 Where do You want to be?
- LEARNING GOALS:  
 What do I know?  
 What don't I know?
- INTENTIONAL HABITS:  
 Developing New Thought Patterns  
 Developing New Habits
- MY ONE WORD:  
 RE:GuARD