



**POWER TO CHANGE – 5 of 6**  
**You Don't Win By Trying**  
February 4, 2024

---

*<sup>24</sup>Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ~1 Corinthians 9:24 NLT*

**QUESTION #1: WHAT DO WE KNOW ABOUT REAL CHANGE?**  
REAL CHANGE ISN'T BEHAVIOR MODIFICATION, IT'S **SPIRITUAL TRANSFORMATION.**

**QUESTION #2: WHY DO WE DO WHAT WE DO?**  
YOU DO WHAT YOU DO BECAUSE OF **WHAT YOU THINK OF YOU.**

**QUESTION #3: WHAT'S ONE HABIT YOU NEED TO START BASED ON WHO YOU WANT TO BECOME?**  
MAKE IT **OBVIOUS.** MAKE IT **EASY.**

**QUESTION #4: BASED ON WHO YOU WANT TO BECOME, WHAT ONE HABIT DO YOU NEED TO BREAK? DEFINE IT. REMOVE THE CUE. INTERRUPT THE ACTION.**

**QUESTION #5: BASED ON WHO YOU WANT TO BECOME, HOW ARE YOU GOING TO TRAIN?**  
CHANGE YOUR **MINDSET.**

*<sup>24</sup>Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup>All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. <sup>26</sup>So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup>I discipline my body like an athlete, training it to do what it should. ~1 Corinthians 9:24-27 NLT*

*<sup>7</sup>Instead, train yourself to be godly. <sup>8</sup>"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." ~1 Timothy 4:7-8 NLT*

1. Trying is an attempt to change with minimal commitment.
2. Training is a whole-hearted commitment to achieve a specific result.

**STOP TRYING AND START TRAINING.**