

## The Power to Change You Don't Win by Trying

# TALK IT OVER

### Key Scriptures

*Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 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. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. ...*  
1 Corinthians 9:24-27 NLT

*... Instead, train yourself to be godly. "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

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Whoever finds God, finds life.

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Start talking. Find a conversation starter for your group.

- What sport or activity did you train for the most when you were younger?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- What are some differences between "trying" and "training"?
- Read **1 Timothy 4:7-8**. What does "training in godliness" look like in the world today? What tools are helpful for this training?

Start sharing. Choose a question to create openness.

- What's your current mindset like when it comes to making a lasting change in your life? What truths about your identity do you need to embrace to make the changes you want to see?
- Talk about some of the habits you have in your life that strengthen your relationship with God. In what ways could you prioritize these habits to serve you and the people around you?

Start praying. Be bold and pray with power.

*Father, we thank You for Your goodness. We ask that You would continue to help us train to be more like You. Please show us where we can grow and train. And remind us who we are so that we can train for the right reasons. In Jesus' name amen.*

Start doing. Commit to a step and live it out this week.

- [Identify one area of your life where you could train in godliness this week, then share how it goes with your LifeGroup.](#)
- Start *The Power to Change* Bible Plan using Plans With Friends: [www.go2.lc/powerchange](http://www.go2.lc/powerchange)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.