

STRONG: TRAIN

STRONG JOURNEY, PART 4

Pastor Ken Ritz * Nov. 6, 2011 * New Life Vineyard Church

Even though Jesus was God's Son, he learned obedience from the things he suffered.

Hebrews 5:8 NLT

Training: the practice of putting off some good now, for greater good later.

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.

1 Corinthians 9:24

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees.

Hebrews 12:11-12

Train yourself 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 Timothy 4:7-8 TNIV

"Superficiality is the curse of our age."

Richard Foster

Why Train Spiritually?

1. Spiritual Training Builds In Us The Ability To Say _____.

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

Titus 2:11-12

2. Spiritual Training Builds In Us The Ability To Say _____.

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.

Hebrews 12:2 NIV

Notes

**All scriptures from TNIV unless otherwise noted*