

# Maple Springs Baptist Church

**Series: Greater Reward**

**Week 2: Why Can't I Change?**

80% of new year's resolutions end up falling apart and failing by the second week of February.  
Why Can't I Change?

With God's help, we will choose what we want most over what we want now.

**1 Corinthians 9:24-27.**

**1 Corinthians 9:24.** Run to win.

Why aren't we changing the things that we want to change in our lives?

- The answer is, you've been trying for too long
- You need to stop trying and start training.
- Because trying never achieves consistent results. Training does.

Trying is an attempt to change with minimal commitment.

Training is a whole-hearted commitment to achieve a specific result.

- If you're trying, you just show up hoping for a better result.
- When you're training, you've got a game plan, you've got a strategy.

**1 Corinthians 9:25.** Greek for training is *agonizomai* which means to contend for victory, to strain every nerve toward the goal.

When you have a spiritual assignment from heaven, trying apart from training is unthinkable.

**1 Timothy 4:7.**

Training is doing what I can do today to enable me to do even more tomorrow.

**1 Corinthians 9:26-27.**

A temporary loss doesn't mean permanent defeat.

It starts with identity, not just what do you want to do, but who do you want to become.

When you know who God says you are, when you know who you are, you know what to do.

With God's help, I'm choosing what I want most over what I want now.

You're not successful when you achieve the goal in the future.

You're successful when you honor Jesus today.