

# Sermon Resources

**Sermon:** *Trying is the Wrong Strategy*

**Speaker:** Adam Scott



## WHAT DO I NEED TO KNOW?

1 Timothy 4:7-8

**(SERMON IN A SENTENCE)** We become who we train to be.

### NAME THE TARGET

### CHECK THE INPUTS

## GROUP DISCUSSION

- **ICEBREAKER:** What's one thing you used to be bad at that practice has changed? What did your "training plan" look like?
- Read 1 Timothy 4:7-8. What does "train yourself to be godly" require that "try to be godly" does not? Where do you feel the difference this week?
- "We become who we train to be." If someone were to watch your last 10 days, who are you training to become? What 2-3 behaviors prove it?
- What is your target? Who are you trying to become? Name that.
- What are your top five daily inputs (people, media, places, habits)? Which ones reliably move you toward your target, and which pull you away?
- Audit last week's calendar and spending. What had "some value" vs.

## DISCERN THE VALUE

**MEMORY VERSE:** 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 4:8 NIV

"value for all things"? What trade will you make this week (replace, don't just remove)?

- Which current responsibility could become training (e.g., turn kids' bedtime into a time of intercession; your commute to work into a time of gratitude)? What step will you take?

## ADDITIONAL RESOURCES

### • **SCRIPTURE**

- Philippians 2:12-13
- Titus 2:11-14
- Psalm 1

### • **BOOKS**

- *Sacred Pathways* by Gary Thomas
- *Atomic Habits* by James Clear

### • **RIGHT NOW MEDIA**

- *Practicing The Way* by Practicing The Way.