

Getting Fit: Discipline
Getting Fit—Part 1
1 Corinthians 9:24-27
April 19, 2020

There are two truths that we need to keep in balance:

1. God is _____ to our growth.
2. We must take _____ for our growth.

Four demands of discipline for the disciple of Christ:

It takes _____ to be a disciple because spiritual growth is _____, not automatic.

1. Go after the _____. (v. 24)

“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.”

2. Pay the _____. (v. 25)

“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.”

3. _____ empty efforts. (v. 26)

“Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air.”

4. _____ your body. (v. 27)

“No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

I’ve found these three questions to be really helpful...

1. _____—Where do you want to be?
2. _____ – Will you make a firm decision to get there?
3. _____ – Will you do what you need to do to get there?

A spiritual discipline is a “A habit or regular _____ in your life that repeatedly brings you back to God and opens you up to what God is saying to you.”