

PRINCIPLE #3

Holy Sweat/Wholly Surrender

God Provides Resources for Soul Training to Help You Grow

Ask: How do I grow?

Read: 1 Timothy 4:8 “Body and Soul Training”

Theme: God provides resources for soul training to help you grow

Live It: Train yourself spiritually by allowing the Spirit of God and the Word of God to transform your life and career

1 Timothy 4:8

How do we train spiritually and grow our soul?

Who is the Spirit of God?

He is God

He is the third member of the trinity (Father, Son, Spirit)

He is fully God and co-equal with the Father and the Son

His primary role now is to be the active presence of God in the world

I. Surrender to the _____ (His Power)

A. What He does (John 14:15-26)

He lives in us (v17)

He counsels/helps us (v16)

He teaches us (v26)

He reminds us (v26)

B. How we practice (Galatians 5:16-25)

Walking in the “flesh” (v19-21)

Walking by the Spirit (v22-23)

C. How we live it out

Sweat and surrender at the same time! (Colossians 1:29)

What is the Word of God (Bible)?

It is God's Word to us
It shows us who God is
It shows us who we are
It shows us how to live

II) Surrender to the _____ (His Plan)

A. What it does (2 Timothy 3:16)

The Bible shows us:

What's right (teaching)

What's wrong (rebuking)

How to get right (correcting)

How to stay right (training)

B. How we workout

Study it:

Store it:

C. How we live it out

Pray

Community

Serve

Evangelism

Solitude

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LIVE IT

SERVICE IN THE FLESH...	SERVICE IN THE SPIRIT...
<i>In the flesh, I believe it's true that if you're not cheating, you're not trying.</i>	<i>In the Spirit, I believe doing the right thing and honoring God is more important than acquiring success, status, or attention by any means necessary.</i>
<i>In the flesh, I need to subtly demean or undermine my colleagues in order to position myself better.</i>	<i>In the Spirit, I am secure enough in myself and in God's sovereignty over my situation that I can serve my athletes and colleagues well and help them succeed while still trying to be the best I can be.</i>
<i>In the flesh, I use my desire to succeed as a motivation to push my athletes, especially against my rivals.</i>	<i>In the Spirit, I serve to the fullest of my abilities in God's strength and am motivated to bring my best. I see this as a means of valuing my colleagues, especially my rivals – as we push each other towards excellence.</i>
<i>In the flesh, I talk too much to try justifying my actions or to prove myself to others.</i>	<i>In the Spirit, I am careful with what I say and try to use words to build others up. If praise comes to me, I will let it be from the mouths of others and not from my own.</i>
<i>In the flesh, I am incredibly impatient with both myself and others, frustrated that things aren't perfect.</i>	<i>In the Spirit, I understand that I am in process – just like everyone else – and change takes time.</i>
<i>In the flesh, no matter the circumstances, I am unable to maintain peace because I cannot control what happens.</i>	<i>In the Spirit, no matter the circumstances, I experience peace because I can rest knowing God is in control of what happens.</i>
<i>In the flesh, I lose the battle with self-control: of my mind, of my mouth, of my body.</i>	<i>In the Spirit, I have access to victory – moment by moment – over my mind, my mouth, my body.</i>
<i>In the flesh, service is all about me and getting what I deserve.</i>	<i>In the Spirit, service ultimately provides an opportunity to influence others and serve, God in every moment of my day.</i>
<i>In the flesh, I find myself inwardly pouting when I don't get chosen to work with the best teams or when others get what I want.</i>	<i>In the Spirit, I can rejoice even in moments when things don't go my way.</i>
<i>In the flesh, I cut corners when no one is looking, whether in my attentiveness to my athletes or in my integrity with my colleagues.</i>	<i>In the Spirit, I believe my character is developed when no one is looking – I am who I am when no one else is around.</i>
<i>In the flesh, I think more highly of myself than I ought, and tend to look down on others who aren't on the team.</i>	<i>In the Spirit, I thank God for the opportunity that I've been given, realizing that it could easily be taken away, and feel a genuine sense of humility when I'm with others who don't have the same opportunity.</i>
<i>In the flesh, I pretend to be something that I am not when I'm with others, highlighting my strengths and hiding my weaknesses.</i>	<i>In the Spirit, I never act like anything other than what I am – a combination of both good things and bad, saved by God's grace toward me.</i>

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HOLY SWEAT/WHOLLY SURRENDER

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LAB REFLECTION TIME

What is the question we are asking for this principle?

- How do I grow?

What is the main point(s) of this Principle?

- God provides resources for spiritual training so that you can become more like Jesus
- Maturity is a process of growing in grace that requires spiritual disciplines
- Focal Points remind us of spiritual disciplines within competition/job.
- Growing spiritually

Discussion Questions

1. What temptations do you face in your life/career? Which ones do you tend to give in to?
2. What keeps you from surrendering to God in every area of your life?
3. What spiritual disciplines do you need to incorporate into your life-training program?
 - a. Are you training and building up your relationship with Christ like you are preparing for your job?
4. What is the next step you need to take in order to grow in your walk with Jesus?
 - a. How do you make time to “marinate” with God?
5. What would it look like in your practice for you to “walk by the Spirit” instead of “walking in the flesh”?
6. What is your plan to live out this Holy Sweat and Surrender at the same time? Is there any Godly person who can speak into your life? Any Godly mentors?

“Maturity is a process of growing in grace that requires spiritual disciplines.”