

MY PERSONAL TRAINING PLAN

TRAIN TO WIN • 1 CORINTHIANS 9:24-27

Winning Habits
Produce Winning Lives

PREACHING PRINCIPLE: "Before the win, there must be work!"

Turn Today's Message Into A Personal Commitment

01 • PURPOSE: DEFINE YOUR DESTINATION

1 Corinthians 9:24 — "So run, that ye may obtain."

Question 1: What am I pursuing?

What is one area of my life where God is calling me to grow?

☐ Relationship with God

☐ Marriage or Family

☐ Character & Attitude

☐ Health & Stewardship

☐ Leadership & Calling

☐ Other: _____

Question 2: What must I develop?

What specific quality, skill, or spiritual discipline is necessary for that growth?

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02 • RESTRAINT: DEVELOP YOUR DISCIPLINE

1 Corinthians 9:25 — "Temperate in all things."

Question 3: What is hindering my development?

Appetite, distraction, attitude, or habit working against me:

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Question 4: What must I surrender to the Holy Spirit?

Where have I relied on willpower instead of His power?

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03 • INTENTION: DIRECT YOUR DAILY EFFORT

1 Corinthians 9:26-27 — "Not as one that beateth the air."

Question 5: What ONE habit will I begin this week?

Make it specific, small, and realistic:

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Question 6: When will I practice it?

Turn your intention into a fixed appointment (Day/Time):

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Question 7: How will I inspect my progress?

How will I know I am genuinely growing (metric/sign)?

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Question 8: Who will hold me accountable?

Trusted brother/sister to encourage and pray with me:

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MY PERSONAL COVENANT & PLEDGE

"With the help of the Holy Spirit, I will stop merely wishing for growth and begin practicing the habits that support it. What I do in private prepares me for what I face in public. I choose today to Train to Win."

MY SIGNATURE / COMMITMENT _____

DATE _____

ACCOUNTABILITY PARTNER _____

