

Month 9 | Week 3  
 October 18, 2021

# SELF-CONTROL

## *Train Like Champions*




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*1 Corinthians 9:25-27*

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“A true athlete will be disciplined in every respect, practicing constant self-control in order to win a laurel wreath that quickly withers. But we run our race to win a victor’s crown that will last forever. For that reason, I don’t run just for exercise or box like one throwing aimless punches, but I train like a champion athlete. I subdue my body and get it under my control, so that after preaching the good news to others I myself won’t be disqualified” (TPT).

### Devotional

We are Champions, we are the ultimate winners. Our goals and destinies are intertwined with the Father’s and we are His vessels to bring the Kingdom to the earth. We should be training like the champion athlete’s we are in the Kingdom. Being self-disciplined is a key enhancer to running our race. And self-control is a form of purity before the Lord, by choosing God’s way and not our own way. When you surrender self and allow the spirit to lead you; you cross the finish line a winner. Success is inevitable. Let’s dig in and start training for the greatest race of all!

### Study

Take time this week to study Proverbs Chapter 3 (TPT recommended); it digs into the *Rewards of Wisdom*. Chapter nuggets: Proverbs 3:5, “Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make” and Proverbs 3:11, “My child, when the Lord God speaks to you, never take his words lightly, and never be upset when he corrects you. For the Father’s discipline comes only from his passionate love and pleasure for you”.

### Reflection & Action

- How are you training like a Champion?
- As you reflect on Proverbs Chapter 3, what stood out most to you?



