



Training To Win - Week 3 Sermon Notes

You Can't Just Try To Be Like Jesus – You Have To Train For It

Trying vs. Training

Trying ≠ winning; Training = intentional growth

Spiritual growth works the same: consistent, Spirit-led effort

Truth #1: God's Goal for You Is (Christlikeness)

Romans 8:29 29 For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.

God predestined you to look like Jesus—but gave you free will

Predestined = God set the table, you choose to eat

God prepared the path; you step into it

Truth #2: Training Produces **FRUIT**

Galatians 5:22-23 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.

Fruit doesn't appear by accident—it's grown through **TRAINING**

“Rotten vs. Fruit” Gossiping/complaining at work = sour patch attitude Shade & petty memes online = digital mold Eye rolls at home = rotten apples in the family tree Whining to friends = sour grapes Grumpy in the community = rotten tomato Bitterness in heart = sun-dried, stinky fruit Recap: Train consistently; fruit shows, rotten fruit doesn't

Truth #3: Stay **ROOTED** in Christ

Colossians 2:6-7 6 Therefore, as you received Christ Jesus the Lord, so walk in him, 7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

Deep roots = steady growth; shallow roots = easily knocked over

Romans 8:14: 14 For all who are led by the Spirit of God are sons[a] of God.

Spirit-led freedom vs. law/trying on your own

Roots first, fruit naturally follows

Practical Training Steps Bible Reading

– fuel Prayer – connection Worship – heart alignment Community – train with a team

Action Step:

Pick one habit this week and train consistently

You can't just try. Train. Stay rooted. Produce fruit. Celebrate the wins!

Talk It Over How

Does knowing God wants you to grow more like Jesus change the way you approach daily decisions?

Can you think of areas where you're resisting God's plan for your life, like the "predestined veggies" you keep sending back?

Training Produces Fruit

What "fruit" do people see most in your life right now—love, patience, joy, or maybe some rotten stuff like complaining or gossip?

How can you start training intentionally this week to produce more Spirit-filled fruit?

Stay Rooted in Christ

When life gets messy or stressful, do you feel rooted in Christ or like you're easily knocked over?

What daily habits help you stay connected to Jesus so your roots grow deep?

Pick One Habit to Train This Week

Examples: Bible reading, prayer, worship, or community connection.

Check Your Fruit

Evaluate how your words, attitudes, and actions reflect the Spirit. Identify one area to improve and practice daily.

Celebrate & Share

Take a step of faith publicly (like baptism or sharing your decision with a friend). Encourage others and rejoice in God's work in your life.