

TRAINING HARD-HOW TO JUST DO IT!

**Bay Area
Church of Christ**

Men's Retreat
Saturday, September 6, 2008
Robert Cox



9:50-10:00
BAY AREA MEN'S RETREAT

TRAINING HARD-HOW TO JUST DO IT!


**DETERMINE
MY
PURPOSE**



9:50-10:00
BAY AREA MEN'S RETREAT

DETERMINE MY PURPOSE

Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. 1 Corinthians 9:26-27 (NIV)



9:50-10:00
BAY AREA MEN'S RETREAT

DETERMINE MY PURPOSE

Though I am free and belong to no man, I make myself a slave to everyone, to win as many as possible.

1 Corinthians 9:19 (NIV)



DETERMINE MY PURPOSE

I do it all for the sake of the gospel, that I may share with them in its blessings.

1 Corinthians 9:23 (ESV)



DETERMINE MY PURPOSE

I only want to complete my mission and finish the work that the Lord Jesus gave me...


Acts 20:24 (GN)



DETERMINE MY PURPOSE

The hunger of a worker makes him work. His hunger drives him on.

Proverbs 16:26 (NirV)



DETERMINE MY PURPOSE

... a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ⁷ Such people should not expect to receive anything from the Lord.

James 1:6, 7 (NLT)



2.

DEVELOP

A


PLAN



DEVELOP A PLAN

Run in such a way as to get the prize.

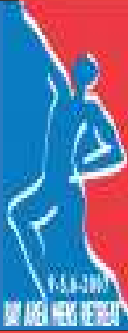
1 Corinthians 9:24b (NIV)



DO NOT WASTE TIME
DO NOT WASTE TIME
DO NOT WASTE TIME

DEVELOP A PLAN

Plan on accepting responsibility.



DO NOT WASTE TIME
DO NOT WASTE TIME
DO NOT WASTE TIME

DEVELOP A PLAN

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly.

1 Timothy 4:7 (NLT)



DO NOT WASTE TIME
DO NOT WASTE TIME
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DEVELOP A PLAN

For this reason I remind you to fan into flame the gift of God...


2 Timothy 1:6a (NIV)



OUR IDEAL WEEK RETREAT

DEVELOP A PLAN

Plan on finding a trainer.



OUR IDEAL WEEK RETREAT

DEVELOP A PLAN

...which is in you through the laying on of my hands.

1 Timothy 4:6b (NLT)



OUR IDEAL WEEK RETREAT

DEVELOP A PLAN

You have heard me teach things that have been confirmed by many reliable witnesses.



DEVELOP A PLAN

Now teach these truths to other trustworthy people who will be able to pass them on to others.

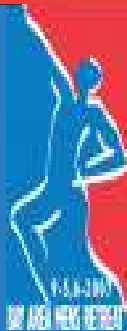
2 Timothy 2:2 (NLT)



DEVELOP A PLAN

A student is not above his teacher, but everyone who is fully trained will be like his teacher.


Luke 6:40 (NIV)



DEVELOP A PLAN

Two questions I must answer:

1. Who can I find to train me?
2. Will I let them train me?



DEVELOP A PLAN

Faithful are the wounds of a friend, but deceitful are the kisses of an enemy. Proverbs 27:6 (NASV)



DEVELOP A PLAN


As iron sharpens iron so one man sharpens another. Proverbs 27:17 (NIV)



DEVELOP A PLAN

It's better to have a partner than go it alone. 10 ...if one falls down, the other helps, But if there's no one to help, tough!

Ecclesiastes 4:9, 10 (MP)




DEVELOP A PLAN

Plan on utilizing
God's word.



DEVELOP A PLAN

Every Scripture passage is inspired by God. All of them are useful for teaching, pointing out errors, correcting people,



DEVELOP A PLAN

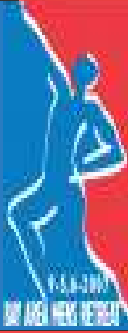
and training them for a life that has God's approval. They equip God's servants so that they are completely prepared...

2 Timothy 3:16 (GW)



DEVELOP A PLAN

Plan on establishing a routine.



DEVELOP A PLAN

However, he continued his habit of retiring to deserted places and praying. Luke 5:16 (ISV)



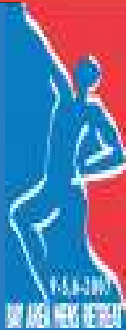
DEVELOP A PLAN

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35-36 (NIV)



3.

**DISCIPLINE
MY
APPETITES**



DISCIPLINE MY APPETITES

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. 1 Corinthians 9:27 (NIV)



DISCIPLINE MY APPETITES

And that means killing off everything connected with that way of death: sexual promiscuity, impurity, lust, doing whatever you feel like whenever you feel like it,



DISCIPLINE MY APPETITES

and grabbing whatever attracts your fancy. That's a life shaped by things and feelings instead of by God.

Colossians 3:5 (MP)




DISCIPLINE MY APPETITES

...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. Hebrews 12:2 (NLT)



DISCIPLINE MY APPETITES

What sin trips me up?



DISCIPLINE MY APPETITES

What weight slows me down?

