

Champion Training

1Corinthians 9:24-27 “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. 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.”

I don't know if you've ever watched the Rocky movies, but I'll never forget when Mick has Rocky chase a chicken. Mick, his trainer says, "If you're able to catch that chicken, you'll be faster than greased lightning."

I've trained in the martial arts for years, and one thing I've found, is that if you desire victory, you must train with a champion.

Jesus is our spiritual champion. So how do we, like Paul train under him?

1) Know the prize, and make it your focus. Our crown that will last forever is found in a relationship with God. See it! Hopefully your present focus is not in flesh or something that can rot, rust, or fade away. But if it is, make your focus to relate to Jesus Christ instead of idolizing some actor or SUV. 2) Enter into strict training, without becoming so legalistic you spurn grace. Just like if you want to lose weight, you don't start by bringing a pint of ice-cream into the house. 3) Make your body a slave to your soul and spirit, not your spirit and soul enslaved to your body. 4) If Jesus tells you to chase a chicken, do it. The Bible says to not despise the day of small beginnings (Zechariah 4:10).