



# THE POWER TO CHANGE

## **PART 4: TRYING AIN'T TRAINING**

### **ICEBREAKERS:**

- If you “grew up Christian”, what were some things that you could and could not do? If you didn’t grow up Christian, what were some things you found strange about people of faith?

### **DISCUSSION QUESTIONS:**

1. What is something you have tried to do, but it simply did not last?
2. Do you like trying new things? If so, what was the most recent?
3. In your own words, what is the key difference between “trying” and “training”?
4. Think about your best habits. How have you trained to achieve those habits?
5. Paul encourages Timothy (and us) to “train yourself in godliness”. What are you currently doing or need to do in order to accomplish Paul’s words?
6. Based on who you want to become, what should you stop trying and how should you start training?

### **NEXT STEPS & PRAYER REQUESTS**

- Check in with one another. How is everyone doing toward their new habits?
- Check out additional resources at [www.crosswindchurch.net/powertochange](http://www.crosswindchurch.net/powertochange)