

Introduction

- This passage uses several athletic metaphors which help us understand what we need to develop moral and spiritual strength: training.

Main Point: IT'S TIME TO TRAIN.

Point #1 - We train for Godliness.

- We train with the Word of God.
- Leaders should be examples to the church, and the church should be an example to the world.
- Proclaiming the Word is not just for preachers!

Point #2 - Getting dull is a danger so stay sharp.

- Not everyone has a preaching or teaching gift, but everyone can use faithful words that point people to Christ.
- It's not about gifting but COURAGE!

Point #3 - Hope in Jesus is the ENERGY SOURCE of our training.

- The grace of Jesus is great enough to give us redemption and creative energy for courageous moral action.
- This SHOULD cause TRANSFORMATION.
- We don't have to be stuck
- Shame and fear steal our energy. **The cross of Jesus gives us reason to have no shame and no fear.**

Conclusion

- Christianity is not a spectator sport, but a contest that we are invited to join in.
- While Jesus won the victory, He wants us to play our part.