

July 8, 2018

## "Becoming a Spiritual Champion" 1 Corinthians 9:24-27 (NKJV)

*<sup>24</sup>Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. <sup>25</sup>And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. <sup>26</sup>Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. <sup>27</sup>But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*

The Greeks during New Testament times had two major athletic festivals:

1. The Olympic Games
2. The Isthmian Games

*Principles for Becoming a Spiritual Champion:*

1. A Christian should seek to be a winner in the Christian life. (1 Cor 9:24)
2. Winning requires self-control. (1 Cor 9:25)
3. Winning needs purpose and direction. (1 Cor 9:26)
4. A winner must master his or her own body in order to not be disqualified from winning the prize. (1 Cor 9:27)

*Question:* How do you tame your bodily appetites?

1. Repent
2. Renew your mind by having a daily quiet time with the Lord.
3. Fast

4. Find an accountability partner.