

## TRAIN UP

-Ryan Parsons-

I hate to admit it, but I once arrogantly showed up to a race with very little preparation. In my mind, I didn't have to train to do well. I don't have to tell you that it didn't go very well. It was embarrassing and an epic failure. Painful, too.

Believe it or not, training is a concept repeated throughout the Bible.

Men were trained in singing to the Lord in worship (1 Chronicles 25:7). David says God trained his hands for war (Psalm 18:34, Psalm 144:1). Parents are supposed to train their children (Proverbs 22:6). Sadly, sometimes God's students even rejected their training (Hosea 7:15).

In his ministry, Jesus shares that disciples aren't merely bestowed a title, but rather they are trained.  
Luke 6:40

*A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher.*

Paul tells us that scripture is given to us so that we might be trained correctly ( 2 Timothy 3:16). Timothy was encouraged to train himself for godliness (1 Timothy 4:7) In addition, the spiritually mature are to train themselves to discern between good and evil (Hebrews 5:14).

Paul's message to Titus is one of the most powerful there are about training:

Titus 2:11-14

*11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, 13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.*

We train for professions. We train for races. We train our minds through education, and we train our bodies through exercise. Isn't it fitting that we also train our souls to live faithfully to God? Scripture seems to encourage us to train up. Let us not fail to run the race set before us (Hebrews 12:1) because we ignored training and the endurance it produces.

What is your training schedule this week?

Keep Studying,  
Ryan