



The Notes

BETTER BRAINS

January 9, 2022
Pastor Chris Jung

Part 2: "Getting Out of the Gate"

"In a race everyone runs, but only one person gets first prize. So run your race to win. To win the contest you must deny yourselves many things that would keep you from doing your best. An athlete goes to all this trouble just to win a blue ribbon or a silver cup, but we do it for a heavenly reward that never disappears. So I run straight to the goal with purpose in every step. I fight to win. I'm not just shadow-boxing or playing around. Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside."

1 Corinthians 9:24-27 (TLB)

"We are surrounded by a great cloud of people whose lives tell us what faith means. So let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way and the sin that so easily holds us back."

Hebrews 12:1 (NCV)

**TO GET PAST THE HURDLES THAT
KEEP ME FROM “WINNING THE PRIZE” I
HAVE TO...**

**1. ...BE FAMILIAR WITH FAILURE
WITHOUT BEING FRIENDS WITH IT**

“It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on. This isn’t the first time I have warned you, you know. If you use your freedom this way, you will not inherit God’s kingdom.”

Galatians 5:19-21 (MSG)

**2. ...NAME MY FAILURES WITHOUT
BLAMING THEM**

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Romans 12:2 (NLT)

3. ...FILL MY BRAIN WITH THE NEW STUFF, BEFORE IT’S EMPTY OF THE OLD STUFF

“Perfect, absolute peace surrounds those whose imaginations are consumed with you; they confidently trust in you.”

Isaiah 26:3 (TPT)

“Finally, brothers and sisters, fill your minds with beauty and truth. Meditate on whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is good, whatever is virtuous and praiseworthy. Keep to the script: whatever you learned and received and heard and saw in me—do it—and the God of peace will walk with you.”

Philippians 4:8-9 (TVB)