

## **Extra Hours**

n/a

### **Ready:**

“Yet not as I will, but as You will.”—Matthew 26:39c

### **Set**

It was 2:20 p.m. I was late for practice. I ran into the locker room, grabbed my equipment, and headed to the training room to be taped. It was a great tape job, taking under four minutes. I ran to the field and greeted my assistant coach, “Sorry, I’m late.” He chuckled, “Well, we better get moving it’s 2:35 p.m. and the rest of the team will be here in about an hour. There is much work to be done.”

He worked meticulously with me for one hour before every practice so I could excel. I knew that the harder I worked, and the more I sacrificed, the more value I would be to my team. I also knew my coach wanted me to make this sacrifice to teach me and discipline me in the fundamentals and reach my full potential. My hard work paid off many times. No time was greater than when our team upset the 10th ranked team in the country! I remember my teammates piling on top of me in celebration. I know that being at practice early every day made that possible. What a glorious hour for my coach and me to share!

My improvement on the field gave my coach great credibility and recognition. He was glorified through my performance. If God is our great coach and instructor, what sacrifices can we make on and off the field that will glorify Him?

### **Go**

1. Are you willing to put in extra time for disciplines that will help you be better in your sport?
2. What are some disciplines that will help you off the field?
3. Are you spending enough time developing your spiritual life? Why or why not?

### **Workout**

Matthew 26:36-46; Romans 8:18-30

### **Overtime**

Heavenly Father, thank You for loving me and being my coach for life. Help me live a disciplined life that glorifies You. Increase my hunger to know Your Word and to spend time in prayer. Amen.

**Bible Reference:**

Romans 8



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