

## **Flag for the Heart**

### **Ready:**

“The Lord is the one who will go before you. He will be with you; he will not leave you or abandon you. Do not be afraid or discouraged.” -- Deuteronomy 31:8

### **Set**

In golf, the first thing a player does is look for the flag. The flag before them indicates where the hole is placed on the green. When looking toward the flag, the player can navigate the course, aim their shot and make the appropriate swing. The flag also helps indicate the wind's direction and speed. Without pins and flags set before them, players would be lost when stepping up to swing.

Our faith and lives desperately need something to indicate and guide us on which way we should go. As athletes with many everyday decisions, we often find ourselves thinking, “What should I do”? Whether playing our sport or walking the halls of our school, we may wish we had a flag ahead of us telling us exactly where to go and how to go about it.

But praise God, we don't have a flag, but a Father! God has gone before us and indicates how to live in every moment. He has given us His Word to teach and help us navigate in all areas of our life. He has even given us His Son, Jesus, to show us how to do life on this earth. We can look to the life of Jesus as an indicator and see how He handled situations and directed His disciples to live.

We can be confident that when we step up to the tee of life, we can look ahead to God and His direction for us and swing with pure joy in His promise that He will always be before us, showing us the way.

### **Go**

- Has there ever been a moment when you didn't know what to do or how to handle something in life or in competition?
- Does it make you feel confident and secure that God is always before you and will never leave you?
- What can you look to God for today for guidance and direction?

### **Workout**

[Psalm 119:105](#)

[Proverbs 3:5-6](#)

John 10:2-5

## **Overtime**

“God, thank You for always being before me. I trust You will indicate the right way to go and teach me the direction to a holy life. In difficult situations, show me which way to go, what to do and how to react. I am confident You will never leave me but always be before me. Amen.”



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