

## **Forgiving the Unbecoming**

### **Ready:**

“Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.” – Psalm 139:23–24

### **Set**

Many years ago, when I was coaching for National University in the Philippines, I chewed out one of my players during a timeout. Afterward, it hit me that what I had done was not honorable, and not worthy of a coach.

What made me do it?

I remembered that before the game, I had watched on TV a coach whom I admired, berating his player for missing a defensive assignment. I had copied what he had done even when it was demeaning and destructive. I committed to never do it again, and God in His grace did not allow me to repeat such a regrettable incident in my coaching career.

About 20 years later, when I was the deputy commissioner of the league, all the former players of National University came to support the team when they entered the finals. I saw my former player whom I had berated, and I pulled him aside so I could apologize and ask for his forgiveness. He said he couldn't even remember the incident. Yet, I humbled myself before him because what I had done was not right.

Asking for forgiveness was liberating! Confession led to repentance and to restoration. After that, I hugged him like I would my son.

### **Go**

- Have you ever released words as a coach or competitor that are life-draining for your athletes or teammates?
- How are you influenced by other coaches or athletes?
- How can you control yourself in tight situations?

### **Workout**

1 John 1:9; 1 Peter 5:6-7; Psalm 119:9-11

### **Overtime**

“Father, help me not to follow the standards of this world but rather to follow Your ways when it comes to my behavior as a coach or competitor on and off the court. May I be an inspiration

and blessing to those around me by the way I speak and act. May I build Your kingdom in everything that I do. Amen.”



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/forgiving-unbecoming>