

## **Go Against the Flow**

### **Ready:**

*“Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.” – Romans 12:2*

### **Set**

As you progress in your sport and move on to higher levels in high school and college, the pressure to violate your values gets more intense. There will be pressure to fit in by using foul language, laughing at inappropriate jokes, and watching bad videos. It may lead to areas of alcohol, drugs, and sex.

Everyone feels the tension of fitting into the crowd. Fitting in takes no effort. Following the crowd is easy. You instantly feel part of the group without struggle or tension. But going with the flow never produces greatness.

The Bible is full of examples of people who went against the flow, like Joseph, Esther, and Daniel. Their lives encourage us to do the same! God wants you to be the one who doesn't use foul language, complain about the coach, or compromise your values to fit in. He wants you to play and live drug and alcohol free. He wants you to stay pure. He wants you to start your day in the Word.

Look around. What's everybody else doing? Are they taking care of their health or eating junk? Are they entertained by garbage on the Internet, or protecting their heart? Are they engaging in gossip at the expense of others? Chances are good that if everybody's doing it, you probably shouldn't.

God wants you to stand up and stand out. The godly life requires that we go against the flow.

### **Go**

1. Are you going with the flow or against it? In what ways does your life look like everybody else's or different?
2. In what key areas do you need to change direction and go against the flow?

### **Workout**

Romans 12:1-2

1 Timothy 4:12-13

### **Overtime**

*Father, help us to go against the flow. Give us the courage we need to do the right thing and be different, especially when it requires that we stand alone. Amen.*

**Bible Reference:**

Romans 12:1-2

1 Timothy 4:12-13



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