

## **Grace and Strength**

### **Ready:**

“But He said to me, ‘My grace is sufficient for you, for My power is perfected in weakness.’ Therefore, I will most gladly boast all the more about my weaknesses, so that Christ’s power may reside in me.” -- 2 Corinthians 12:9

### **Set**

The one thing competitors strive to never be is weak! Being mentally and physically tough for your sport is a good thing. However, strength often leads to self-sufficiency and an unwillingness to admit the need for help. In fact, it often goes a step further and the coach or competitor ends up pretending. Rather than feeling vulnerable, one chooses to hide behind a mask of confidence and capability.

This negatively affects teammates as they deal with feelings of inadequacy from playing the comparison game, worship at the altar of performance and eventually learn to wear their own masks of self-sufficiency. Sadly, this can also describe some Christian circles.

We all need help and will never grow if we are too proud to admit it. We all need God's grace, but we must humble ourselves in order to receive it.

Is there an area where you have been too embarrassed to admit you need help? Don't let pride stand in the way of receiving the greatest gift in the universe – God's grace. Your strength is no match for His.

### **Go**

- Do you find that you wear a mask of self-sufficiency within your team?
- Which weakness in your life could be an opportunity for God's grace and power?

### **Workout**

2 Corinthians 12:1-10

James 4:6

### **Overtime**

“Lord, I admit that I have avoided weakness and vulnerability. I've tried to be self-reliant, and I've fallen into the trap of pretending and comparing. Forgive me. Soften my heart to seek Your grace and strength in my weakness. Amen.”



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