

## **Let God's Grace Be Your Fuel**

### **Ready:**

“‘I am the bread of life,’ Jesus told them. ‘No one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again.’” -- John 6:35

### **Set**

Thirsty? Grab a Gatorade. Need something to fill your hunger between a hard practice and long day of classes? Power bars should do the trick.

The world is full of quick and easy thirst and hunger quenchers that send us on our way through the frantic schedule of sports, schoolwork, jobs and extracurricular activities. These may fuel our bodies for a while, but eventually, we'll burn right through them and be left in the same spot. Our bodies need true nourishment to keep us in peak condition for our long and grueling seasons.

It's the same for our spiritual lives. Our spirits need the right fuel to think, act and live as God's children and represent Him to the world.

How do we fuel up on God's grace? Consume the Bread of Life that will never leave us hungry.

### **Jesus Fuels Your Faith**

Everywhere we look points toward panic. In a time where the world offers fear, God is offering belief in something bigger and better that goes beyond confusion and doubt. He's offering truth and comfort that He is in control. When all seems to be spinning in uncertainty, faith in His power and sovereignty holds us steady.

### **Jesus Fuels Your Hope**

Does it seem that more and more despair seeps into conversations? Feeling alone and discouraged is incredibly disorientating, and it's tempting to believe things won't change. But while the world is offering hopelessness, God is offering the promise of a better today, a brighter future and an unimaginable eternity.

### **Jesus Fuels Your Love**

It gets exhausting: Trying to keep the peace, often, your attempts go unnoticed or unappreciated. The way to combat the friction is not a louder voice but a softer heart. While the world is offering anger and hate, God is offering unconditional, sacrificial and selfless love that can flow to you and through you.

Through Jesus, we can be fueled in every way to live a full life. Our spiritual muscles grow, the Light of the world lives within us and we reflect that light to a fractured world. Let God's grace be your fuel. He alone is the source of sustaining replenishment.

## **Go**

- Where have you relied on your own strength – in your sport or in your life?
- How can you replenish in Jesus' strength in your walk and in competition?
- Share the goodness of having Jesus as our true fuel and refreshment with a friend or teammate in need of this reminder today.

## **Workout**

Romans 15:13

Hebrews 11:1

1 John 4:16

## **Overtime**

"Father God, thank You that You offer us a better way in this life. Thank You for the rest and replenish You give through Jesus. Help me to lean into who I am in You, and when I am feeling tired and weak, may I look to Your Word to sustain me. I long to let Your grace be my fuel. In Jesus' name, Amen."



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