

## **Lighten the Load**

### **Ready:**

*"I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world." -John 16:33*

### **Set**

Coach, your calling to coach is a tremendous opportunity. You are helping to develop athletes both on and off the arena or court. You are instilling life lessons. You even have the potential to develop lifelong relationships.

But coaching can come with a price. Coaching in today's sporting world brings unique and heavy challenges. There are relationships to manage, logistics to take care of, and ongoing care of your players—it's exhausting!

If you are in Christ, however, the most powerful person is already on your team. He is the One who gives us strength to do what He's called us to and the grace to forgive us when we drop the ball. He's the One who already knows the outcome and the best strategies to make the best impact for the good of your team and glory of God.

How can you take heart in the middle of all your coaching demands?

Scripture teaches us where we have missed the mark, how to correct it and how to pursue righteousness. God's Word is a lamp to our feet and a light to our path and gives us wisdom in handling difficult situations. Often, when the season gets busy, Bible reading can be the first thing to go to make room for all that needs to get done. Don't fall into that trap; it only leads you away from Him.

We can take what we read in our Bibles and apply it to our conversations with God. We can remind ourselves that He is God, and that we will soar on wings like eagles if we trust in Him. We can ask Him for those new mercies each morning that He promises us. Remember that Jesus, the Son of God Himself, was a praying man. If He made time and effort to talk with His Father, how much more will this help us prep for whatever comes our way?

What you do is important. Protect your time with God in prayer and study. Find others with whom you can share burdens. Rest in His peace. Remember, He has overcome the world! Bring Him into your coaching, late nights and early mornings, the highs and lows of wins and losses, and all your relationships. He promises to ease the burden and give you a new way of living and coaching with Him.

Coaching is hard. But with Christ, it's worth it.

### **Go**

- ? What are your three biggest pressure points as a coach?
- ? How can you take the suggestions above and integrate them into these struggles?
- ? Prioritize spending time in God's Word and handing Him your burdens each day.

### **Workout**

Psalm 119:105

Galatians 6:2

Hebrews 12:2b

### **Overtime**

"Father, there are so many demands that vie for my time and energy. I often feel pulled in a hundred directions. But You offer a different way to coach through rest in You. Bring to mind Your Word throughout my day, and thank You that You hear me when I pray. I long to live in step with You. In Jesus' name, amen."



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