

## **Rest in His Presence**

### **Ready:**

*"Whatever you do, do it from the heart, as something done for the Lord and not for people."*  
*Colossians 3:23*

### **Set**

During my career as an athlete, there were many times I experienced legitimate burnout. I think back to my junior year of high school when I wanted to walk away from basketball. I was emotionally, physically and spiritually exhausted. What God gave me as a gift was the very thing that was draining me and pushing me into a place of burnout. If God gave me a passion and talent for basketball, then why was I feeling this way?

The first time hearing the phrase, "A *good* thing becomes a *bad* thing when it becomes the *ultimate* thing" transformed my perspective of sports. I fully believe that sports are a gift from God. He blesses athletes with incredible talent and calls us to work hard!

The opportunity to compete is a gift. Sports are a *good* thing! Yet, it is critical to acknowledge the potential for sports to become the *ultimate* thing in our lives. When this happens, the good gift from God becomes a bad thing and will lead to emotional, physical and spiritual exhaustion. You will burn out because sports are not meant to be *ultimate* in our lives.

Jesus is the only one deserving of holding the place of *ultimate* in our lives. He alone can fill our hearts, and through Him, we experience eternal life with God. I pray that every one of you knows that God loves you and desires a personal relationship with you.

If you are burnt out and wondering where you can turn, Jesus is waiting for you. God's gift of grace is available to you through Jesus' life, death and resurrection. When you say yes to Jesus and commit to following Him as the Lord of your life, you are declaring that He is *ultimate* in your life!

In the Gospels, we see Jesus withdraw into solitary places to spend intentional time praying. We must follow His example and seek rest in the Lord and the refueling He offers.

True fullness is the consistent and intentional time in God's Word and finding rest in His presence. He alone can give the true rest we all desperately need.

### **Go**

? Do you have restful rhythms for your life? If not, what's keeping you from them?

? How will you divert your attention from the busyness and pressures of the world and spend

30 minutes to 1 hour of intentional time re-centering your mind on the Gospel?

? Plan and implement your weekly withdrawal to spend time resting in the Lord.

### **Workout**

Psalms 4:8

Jeremiah 31:25

James 1:17

### **Overtime**

“Father, I don’t want to live my days exhausted. You are my true Source of rest and replenishment. Will you help me make time to spend with you each day, and find a rhythm that will help me operate to the best of my ability with You? Thank You that You are faithful to give me what I need. In Jesus’ name, amen.”



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