

## **S.E.E. the Light**

### **Ready:**

Buy and do not sell truth, wisdom, instruction, and understanding. - Proverbs 23:23

**Set Back** when I played ankle-biter football as an 8-year-old, I remember how parents would pull their cars up next to field and shine their car lights when the practice was running late and it was getting too dark to see the ball. Our coach needed more light to teach us that big play that would win it for us on Saturday. Four cars (eight lights) lit the practice field up like a Christmas tree! As little football players, we saw the light. As athletes we need to S.E.E. the light. Not the car lights, but another kind of light. This light deals with our physical bodies that God created for us to take care of, not abuse. S.E.E. stands for Sleep, Eat and Exercise. I meet so many competitors who train hard on the field of competition, but not off of it. As true competitors, we need to get enough sleep, eat right and exercise properly. These three daily physical anchors are extremely important. We each have a figurative dashboard, which displays three gauges: spiritual, physical and emotional. All three of these are connected, and the physical part specifically requires wisdom, discipline and understanding (Proverbs 23:23). There are three basic questions you need to ask when trying to S.E.E. the light: 1. How much sleep do I need? -- Since the physical affects the spiritual and emotional, if you do not get enough sleep, you'll be hurting other areas of your life. Someone told me that you should H.A.L.T. before making an important decision, not making it if you are Hungry, Angry, Lonely or Tired. When you are tired, you cannot be the athlete that God desires. It isn't a question of how much sleep you can get by with, but how much you need. Psalm 127:2 (MSG) states, "It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?" God cares about this area of your life. Honor that by getting enough sleep. 2. Do I eat food as fuel? -- I love food, but I must always remember that God not only created food to enjoy, but also to fuel the body. I won't put bad fuel in my car, so why would I put bad fuel in my body? The FCA Competitor's Creed states, "My body is the temple of Jesus Christ. I protect it from within and without. Nothing enters my body that does not honor the Living God." Before we put something into our mouths, we need to ask if it will honor God. 3. Does exercise ever become easy? -- I love it when people tell me that it's easy for me to stay fit. I would like to take them on my daily 4-mile run! Exercise is tough. Staying physically fit is hard. It never becomes natural. Today, competitors need to train in and out of season. God wants us to keep our engines tuned up at all times. I see so many former athletes who have let their bodies go. And as every year goes by, it gets harder. But God desires us to do something, because something is better than nothing. These three questions will help you to S.E.E. the light. God cares about your sleep, your eating and your exercise. He created you as a physical being because He is a physical God. Glorify Him by putting into place these three physical anchors.

**Go** 1. Which one of three anchors is the toughest for you: sleep, eating or exercise? Why? 2. What does it mean to honor the Lord with your body? 3. If you could identify the one thing that prevents you from S.E.E.-ing the light, what would it be? 4. On a scale of 1-10, what does each of your gauges read on your spiritual dashboard (physical, spiritual, emotional)? 5. If I could make one change today in regards to S.E.E., what would it be?

**Workout** Proverbs 3:23-24 1 Corinthians 6:19-20 1 Timothy 4:7-8

**Overtime** ?Jesus, I realize that You created and crafted me. You created me in Your image. I want to see the light in regards to my body. Help me to sleep right, eat right and exercise right. My goal is to glorify You in these three areas. I ask You to help me when I am weak. Put people in my life who can help me. I praise You today for forming me and shaping me. May You be lifted up through my physical life.?

**Bible Reference:**

1 Timothy 4



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