

Self Doubt

n/a

Ready:

"If you have faith the size of a mustard seed," the Lord said, "you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you." — Luke 17:6

Set

There are times in coaching when we doubt our abilities to handle a specific match, tournament, or season. Doubt can come up from behind and tackle us after a string of bad games or hit us as after a single loss. We have seen potential in our players and ourselves, but we are unable to explain why the season is going the way it is. This is particularly difficult when we have a strong and personal relationship with our players. We begin to question our abilities to coach and lead our teams. Once we get to this point of self-doubt, it is hard to climb out, and that is exactly where God wants to get us so we will have faith in him rather than in ourselves.

A mustard seed starts small but grows to be the largest plant in the garden. Faith grows in much the same way, often starting small but growing strong as it receives the water of God's Word and the sunlight of His Spirit. We need to forsake our belief in our own abilities and in ourselves, and place total reliance on Jesus Christ for every aspect of life. When we do, we will find that we have his great strength rather than our personal frailty. This will enable us to do the unthinkable and to complete the impossible. Put your heart and mind and trust in God alone.

Go

1. Are there times when you doubt your abilities as a coach? As a role model? To whom do you turn in these times of doubt?
2. Do you tend to get hung up on the details and perhaps forget the big picture of your purpose in life?
3. In what practical ways can you grow and mature in your trust in God?

Workout

Extra Reading: Jonah 1–4; Matthew 17:14–21; Mark 11:20–26

Overtime

Lord, I feel the need to know everything and control all. Give me the wisdom to lay down this

burden and trust that You have a grander plan for me in life. You are my strength and security in uncertain times. Thank you for being my Rock. Amen.

Bible Reference:

Luke 17



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