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# Spiritual Bullpen

**Ready:**

*“Do not neglect the gift that is in you; it was given to you through prophecy, with the laying on of hands by the council of elders. Practice these things; be committed to them, so that your progress may be evident to all.”* – 1 Timothy 4:14-15

**Set**

We’ve all been there. When our spiritual defenses are down, and we find ourselves panting at the effort it takes to bring our attention to God—like every day is a strain. In those moments, what do we do?

What happens in baseball when our curve isn’t working? We continue to throw it. Maybe not as much in a game, but in bullpen sessions. We throw pitch after pitch after pitch into our catcher’s glove. If we want that pitch to be effective, we need to keep practicing no matter how frustrating it gets. We know that one day something will click and the ball will snap perfectly off our fingers and curve like no one’s business across the corner of the plate. And all those extra throwing sessions will have been worth it.

So it is with our wavering faith. When God seems far, we need to get back to the basics and dive into our spiritual bullpen sessions. Instead of giving up, we read God’s Word and pray, even when it takes great effort to release just a few words into the air. And we continue to trust God.

When faith is an effort, His truth will prevail and the practice will pay off.

**Go**

1. How do you keep your faith sharp?
2. In what ways do you need to dig in to your spiritual bullpen sessions?
3. Can you list people in the Bible who persevered in their faith?

**Workout**

Galatians 6:9

Hebrews 12:1-2

Jude 1:20-21

**Overtime**

Lord, it’s easy to give up and doubt when I seem to lose track of You. Help me to keep fixing my eyes on You. May I believe You’ll see me through this setback and into Your embrace. In Jesus’ name I pray. Amen.

**Bible Reference:**
Galatians 6:9
Hebrews 12:1-2
Jude 1:20-21

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