

## Time Out

n/a

### **Ready:**

"Therefore since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us, and run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith." — Hebrews 12:1–2

### **Set**

When our athletes become unnerved, out of breath, and in need of a break, we know it's time to reenergize, refocus, reward, and reassure. Something as simple as a water break helps players reenergize and get going again. They are thirsty for water, just as our thirst for God requires that we take time-outs to be reenergized by Jesus Christ.

Sometimes we call time-out to refocus because the other team did something we weren't expecting. There are also occasions when we call time-out just to rest and reward our team for a job well done. Sometimes we find ourselves in situations that seem hopeless, so we call a time-out to reassure our players. If they know we care about them, that they have meaning and purpose in life, they will run through brick walls for us. In life, too, things happen that are beyond our control, and we often find that we are upset by the events of the moment and lose our focus. The way to regain our focus is to stop and look at Jesus.

While we were lost and dead in our sins, Christ died for us. For that reason, we want to please Him in all we do. In other words, it is vital to take time-outs to listen to God to help us stay obedient to His calling. God, knowing each one of us thoroughly, sets a pace for us according to that knowledge so that we won't get run down, lose focus, or lose faith. We can rest in Him and know that He is God.

### **Go**

1. How do you know when you need to take a spiritual time-out?
2. Is your alone time with God a priority?
3. What changes could you make in your schedule to allow for time-out with God?

### **Workout**

Extra Reading: Isaiah 40:31; Romans 8:29–39; 1 Corinthians 9:24–26; Galatians 6:7–9

### **Overtime**

Lord, please help me to protect my time with You today so that I may reflect Your peace and

grace to others. Amen.



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