

## **The Ultimate Pregame Meal**

### **Ready:**

“My food is to do the will of Him who sent Me and to finish His work,’ Jesus told them.” - John 4:34

### **Set**

As athletes, what we put into our bodies is very important. The pregame meal may be the most important meal we eat during the day.

We have to make sure we get enough energy to last through the entire competition. This is our last chance to get the fuel we need. In John, Jesus talks about a different kind of fuel. He tells us of work that will actually GIVE us energy instead of using it. Doing God's work will give us the fuel we need in order to succeed in the game of life. But just what is this work that we should be doing? In Matthew 28:18-20, Jesus tells us very plainly: We are to go out among the nations and build His Kingdom. As part of Team FCA, I challenge you to devote yourself to this kind of work.

The mission of FCA is to “To see the world transformed by Jesus Christ through the influence of coaches and athletes.”

Pay attention to how doing this feeds your soul. Make note of the energy it gives you. You may never look at food the same way again.

### **Go**

1. Are you seeking to do God's work daily? 2. Are you asking God to show you where He wants you to work? 3. Are you studying God's Word daily to become a better worker? 4. Today, what can you do to feed your soul?

### **Workout**

Psalm 119:164 Matthew 6:11, 28:18-20 Acts 1:8, 17:11

### **Overtime**

"Lord, show me where You want me to work, and I will serve You. Put people in front of me whom You want me to talk to today. Let Your words be heard with my voice. Take this life and use it to build Your Kingdom. In the name of Jesus Christ I pray, amen."

### **Bible Reference:**

Acts 17



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