

## Who's in Control?

n/a

### **Ready:**

"But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, self-control." ? Galatians 5:22?23

### **Set**

Football is a physical game and requires self-control by coaches and players. We know there are consequences when someone loses the ability to control himself or herself. When a coach or a player loses the ability to control his or her emotions, everybody loses. Not only is the one who lost control penalized, but so is the team.

As coaches, we are to be examples of self-control for our players and fellow coaches. It is very easy to allow our emotions to get the best of us at practice or during a game. The situation that causes us to lose it could be a controversial call by a referee, a blown assignment by a player, or something that we have absolutely no control over. The situation is not the important thing; it is how we respond.

A teacher of mine once said, "If something is mentioned more than once in God's Word, it must be really important!" In His Word, God calls our attention to the importance of having self-control. He tells us that it is a fruit of the Spirit.

What is the real cause of losing self-control? For me it happens when I take my eyes off Jesus and focus on how something has affected me. When I do this, I open the door to be tempted to use bad language, to yell at people, or to behave in a way that tears down my testimony.

Why is self-control important? Because God says it is. God desires for us to honor and glorify Him wherever we are and through whatever we are doing. As coaches, we are blessed with opportunities each day by the Lord to be a living and breathing witness for Him. So the next time a situation arises, ask yourself: Who is in control? Remember there are a lot of eyes watching how you react.

### **Go**

1. When I lose self-control, who benefits?
2. Can God use me more when I am under His control or when I am out of control?

### **Workout**

Extra Reading: 1 Corinthians 7:5; Titus 1:8; 2 Peter 1:6

### **Overtime**

Father, may I be a living testimony for You to everyone I encounter. Help me stay focused on You. Amen.



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