

## **Fit4Ever: Win Today**

In sports, as coaches and athletes, we know that we have to take one game at a time. When a game is over, win or lose, we have to put it behind us, learn what we can and move on. The same is true in all aspects of life. In Philippians 3, Paul tells us to forget the past and press on toward what is ahead. In Matthew 6:34, Jesus flat-out tells us, “*Don’t worry about tomorrow.*” From these two passages I believe we can take three important lessons—ones that will help us to walk in victory and “win” each day of our lives

### **Bible Reference:**

Philippians 3



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