

## **Preparation**

### **Introduction**

One of my favorite quotes as an athlete was, “Success always comes when preparation meets opportunity.” As an athlete you spend 90% of your time preparing for that game, match, or moment that has the potential of being in your lifetime highlight reel. It is the discipline, hard work, and commitment of preparation that separates the participants from the players. How you prepare during practice and in the off-season will always determine how you play come game time. This same principal in athletics carries over into the game of life. We must have a commitment to Christ and a disciplined faith or we have the potential of falling short when our game clock hits :00. Are you prepared?

### **Application**

1. Describe a time that you knew your team was prepared.
2. What steps do you take in preparation for game time?

### **Bridge**

1. Read Proverbs 10:4-5: “Lazy hands make a man poor, but diligent hands bring wealth. He who gathers crops in the summer is a wise son, but he who sleeps during harvest is a disgraceful son.”
2. What is the connection between preparation and the results in this scripture?
3. Read 2 Timothy 4:7: “Preach the Word: be prepared in season and out of season: correct, rebuke, and encourage with great patience and careful instruction.”
4. As a Christian, what are some of the preparation steps the writer says to do when preparing for the game of life?

### **Connection**

1. How does being prepared as an athlete help you in being prepared as a Christian?
2. What are some steps you can take to be prepared for the world as a Christian?

### **Discovery**

Share with a teammate one thing you are going to be disciplined enough to do every day as a follower of Christ.

### **Close**

Memory Verse: "If only you would prepare your heart and lift up your hands to him." Job 11:13

**Bible Reference:**

Proverbs 10:4-5

2 Timothy 4:7

Job 11:14

**Topic:**

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