

## **In All Times**

### **Ready:**

“Is anyone among you suffering? He should pray. Is anyone cheerful? He should sing praises.” – James 5:13

### **Set**

Do you still enjoy your sport after you lose? Most of us can confidently answer that question with a yes.

You still enjoy playing because the love of the game is way deeper than one disappointment. After a loss, you still get up the next day, go to practice and continue to pursue getting better any way you can. If your love for your sport is deep enough, there is not one win or loss that will keep you from continuing to fight each day to get better.

The Book of James says we should reach out to God in all situations. Suffering and sad? Reach out to God in prayer, asking Him to heal and comfort you. Having a great day with things going your way? Sing loud praises to God and give Him thanks. We should go to God in every feeling or situation.

If we are honest, we can admit that we feel less inclined to go to practice after a big win than after a significant loss. After a win, our confidence is high enough to where we might think we don't need to practice. The same thing tends to happen in our spiritual life. When things are going well in life, we are usually more likely not to seek out God as much as we do when things go wrong. We tend to believe that when things are going well, we have everything under control and forget that all good things come from God. (James 1:17)

If you can wake up each day and pursue your sport, why can't you do that with your faith? Whether it's a good or bad day, follow Christ with all you have.

### **Go**

- Do you struggle to reach out to God in the good or bad times?
- Does anger about your life keep you from God?
- How do you usually praise God?

### **Workout**

Psalm 34:1

1 Thessalonians 5:16-18

### **Overtime**

“Father God, we praise You in all circumstances today. Whether we are having a good day or a bad one, remind us that our love for You is beyond what’s happening today. Lord, whatever keeps us away from You, whether that’s pride, anger or something else, remove it from our hearts so we can pursue You in all we say and do. Amen.”



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