

## Are You Spiritually Coachable?

### **Ready:**

"The fear of the Lord is Wisdom's instruction, and humility comes before honor." Proverbs 15:2

### **Set**

The 2009-2010 Butler Bulldogs' historic run to the NCAA Men's Basketball National Championship was a Cinderella story that shocked America. They were overmatched in almost every game, yet they still persevered and defeated the odds. How did Butler accomplish what many national powerhouses failed to? Skill, determination, and school pride were factors in Butler's success, but the true X-Factor was their coachability.

Coach Brad Stevens was quoted saying, "I just want my guys to be true to themselves and true to our team." His players followed this statement wholeheartedly, and it took them farther than anyone but they could've imagined. The team not only believed in their individual abilities, but also the wisdom and instruction of their coaches.

In the Bible, there are numerous examples of how obedience to His commands leads to blessings and rewards. Four verses in Proverbs 13, including verses 1, 10, 13, and 18 show the importance of humbling ourselves to God's word and submitting to His authority. Two examples in the Bible highlight perfectly what the Butler Bulldogs accomplished.

The well known story of David and Goliath in 1 Samuel 17 shows that when we believe in God and in the abilities He has given us, we can slay even the biggest giants in our lives. The lesser known story of Gideon in Judges 6-7 illustrates how God exalts even the lowliest and the weakest of us to conquer the high and mighty when we have faith in Him and carry out His plans for our life.

As athletes, we need to follow our coaches' instructions with a humble spirit and a good attitude. One of the most important factors in not only earning playing time, but also winning games is being coachable. Outside of sports, we need to behave the same way with our teachers, mentors, and parents. We have to let God "coach" us in every area of our lives.

### **Go**

1. Are you often disobedient to your parents, teachers, and coaches?
2. In the Bible, God instructs us to "honor our mother and father". Are you honoring God by submitting to those in authority over you?
3. Do you quench the Holy Spirit and behave how you want regardless of what God says on the matter?

### **Workout**

- Proverbs 13
- 1 Samuel 17
- Judges 6-7



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