

## **Attitude**

n/a

### **Ready:**

Rejoice always! Pray constantly. Give thanks in everything, for this is God's will for you in Christ Jesus. — 1 Thessalonians 5:16–18

### **Set**

As coaches, we're subject to having good days and bad days. Sometimes you win and sometimes you lose. I always like winning better than losing. Enough losses in a row, and any of us can get a little blue. So how do we maintain a joyful life? The Bible gives us some good answers, as in the text above.

In these verses, there are three directives and one reason that combine to show us the way to a joyful life: First, rejoice always. More than a command, this is a reassuring encouragement that we can find something to be joyful about in every circumstance. Lead with your will and let your emotions follow along. Second, pray without ceasing. If you took this seriously, you'd never sleep, eat, or study. That's probably not what Paul meant. Surely he meant that there is never a situation for us in which prayer is not proper and powerful. Third, in everything give thanks; not for everything, but in everything. In all situations give thanks to the Lord, and you'll cultivate a joyful, thankful attitude that rises above any circumstances.

This is the will of God in Christ for you. The Lord joins you in your rejoicing, He communes with you when you pray, and He blesses you when you thank Him. He is most desirous of an intimate, personal relationship with you, and He knows that these things serve to deepen that relationship.

As you prepare for today's competition, rejoice, pray, and be thankful. In doing so, you are fulfilling God's will for your life today.

### **Go**

1. When does your supply of joy in coaching run a little short?
2. What restores you in those times? Make time to do that.
3. What would you like to tell the Lord about your team? Express that in prayer.

### **Workout**

Extra Reading: Psalm 31:1–8; Philippians 2:14–18; 1 Thessalonians 5:15–22

### **Overtime**

Father, help me find real joy in coaching those in my charge. Help me to pray effectively for their success and development. Thank You for the immense privilege that is mine to serve You as I coach in this sport. Amen.



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