

## **Be Alert**

### **Ready:**

“Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour.” – 1 Peter 5:8

### **Set**

Athletes must always be alert. In some sports, like soccer and basketball, athletes play both offense and defense at any given time, and within a quick play, must switch from one to the other. This switch can be after 30 seconds or three seconds; therefore, the athlete must always be alert and ready to go against the opposing team.

We must be alert not only in our sport but also in our faith. The Bible tells us that Satan, the opposing team, is like a lion ready to devour us. That is very graphic language! This may seem scary and cause us to fear, but God doesn't want us to fear; He wants us to be ready to fight back. So, how do we do this?

God has given us His Word. The Bible is full of His game plans so we can fight against our adversary. He even tells us the enemy's plans and strategies so we cannot be tricked. We have everything we need to fight against this prowling lion. However, if we aren't alert and begin to shift our focus to worldly things, we will forget the fight that is unseen.

Once we stop being alert in our sport, the opposing team gets ahead. Once we stop being alert in our faith, Satan attacks us.

The Lord has given us everything we need to be alert and ready. It's time to memorize God's plans to be prepared for the opposing team.

### **Go**

- What happens when you know the opposing team's strategies?
- How does it help our fight knowing how Satan tricks and tempts?
- How does God tell us to be alert/to fight back?

### **Workout**

[Isaiah 41:10](#)

[Ephesians 6:12](#)

[2 Thessalonians 3:3](#)

### **Overtime**

“God, thank You for giving me Your Word so I know exactly how Satan plans to attack me. Help me memorize Your Word and keep it at the front of my mind so I can always be alert. I am confident You will help me win this battle against the enemy. Amen.”



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