

## **Blue Skies**

### **Ready:**

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing." - John 15:5

### **Set**

At a recent track workout I was struck by how blue and clear the morning sky was. Beautiful, deep blue with not a hint of a cloud in the sky. God used the beautiful sky to remind me of my tendency to shoulder things myself when I see nothing but blue skies...in training, racing, and life. Sometimes life is easy like blue skies and sometimes there are clouds, thunder, and lightning that we must overcome, but our God is always with us. When things are easy, we tend to shoulder things ourselves and can tend to neglect Him, which is exactly what Satan wants. He wants us to neglect God and turn our focus onto ourselves, thinking things like, "I've got this!" But God wants more for us because the truth is...He's got this and everything, good or bad, is so much greater when we're depending on Him instead of ourselves. We need Him ALL THE TIME and we're missing out when we neglect Him and keep ourselves from experiencing His power, peace, joy and abundant life!

Are you healthy, strong, enjoying a good season in your sport/life? Or are you injured and/or struggling through a difficult season? The good season can become great and the difficult season can become growth when we press into God and depend on Him instead of our own strength. "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing." John 15:5

### **Go**

1. Do you tend to neglect God and depend on your own strength when things are easy?
2. Do you try to persevere in your own strength when things are hard?
3. What fruit have you seen when you give it all to Him?

### **Workout**

John 10:10; Ephesians 3:16-20

### **Bible Reference:**

John 10:10

Ephesians 3:16-20



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