

## **Change Your Mind**

### **Ready:**

“... but Christ is all and in all.” – Colossians 3:11b

### **Set**

As my foot touched the line after what seemed like the thousandth sprint that practice, my thoughts sunk into a deep misery. Why are we doing this? My legs feel like rocks! This is torture! As an athlete who probably experiences this battle, it's likely you remember a time when you have forgotten why you go through hardships.

When Paul wrote Colossians, he was addressing a church in Colossae where false teachers were preaching that ceremonial Jewish laws must be observed in order to experience God's fullness. In his letter, Paul reminds the people that Christ is all and in all (Colossians 3:11); that they had already been made alive together with Him (Colossians 2:13); and that they were filled by Him (Colossians 2:10). Paul then summarizes with: “Therefore, God's chosen ones, holy and beloved, put on heartfelt compassion, kindness, humility, gentleness, and patience. ...” (Colossians 3:12).

Are you aware of where your thoughts go? In his book “The Good and Beautiful God,” James Bryan Smith says: “Our thoughts about God will determine not only who we are but how we live.” Do you see Jesus Christ as all? Do you know that you are made alive with Him? Think on these truths and believe them in your heart, and know the freedom and impact you can have as an athlete!

### **Go**

1. Where do notice your thoughts going throughout your day? Where would you like them to go?
2. In what ways can you remind yourself and other players of the why in why you do what you do?

### **Workout**

- Romans 12:1–2
- Colossians 3:1–3
- Philippians 4:8

### **Overtime**

Colossians 1:1–17

Father, give me the grace to think on and live in the truth of Jesus Christ being all and in all.  
Amen.

**Bible Reference:**

Romans 12:1-2

Colossians 3:1-3

Philippians 4:8



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