

## **Compete for Christ**

### **Ready:**

So, whether you eat or drink, or whatever you do, do everything for the glory of God. – 1 Corinthians 10:31-32

### **Set**

Athletes train and compete for many different reasons. Some reasons may be very noble, such as health, fitness, fun, friendships, joy, sense of achievement or even a cause. Others may be less noble, like self-identity, self-image, pride, ego, awards or vanity. Whatever the reason, the athlete will always have to answer the “why” question: “Why do you train, race and compete?”

Athletes invest much time, energy and resources in their sport of choice. It takes special consideration and planning to build training and competing into their schedule and life. Training and competing requires commitment, consistency, capacity, coachability, concentration and confidence.

Athletes must decide not just why they are competing but “for whom.” Will they be doing it for themselves, for others or for God?

Now, consider the fact that God has gifted the athlete with the ability, passion, skills and desire to train and compete. James 1:17 tells us that every gift is from God. We all have different talents and God-given gifts, but they are all important and can be used for God’s Kingdom. Throughout Scripture, we are reminded to do “everything” for the glory of God. Competing for Christ is an act of worship.

When we compete for Christ, we have the opportunity to evangelize and disciple others. Olympic Sprinter, Trayvon Bromell, said, “At the end of the day, God has shown me how powerful He is, and He’s shown me the reason for doing what I’m supposed to. I tell people it’s not about titles for me. It’s not about a medal with me. It’s about reaching millions of people that need to be saved.”

Are you ready to compete for Christ?

### **Go**

- Take some time to consider the reasons you train and race.
- Surrender your sport to God and let Him lead you in competing for Him.
- In what ways can you bring God glory as you train and compete?

### **Workout**

Colossians 3:23-24

Matthew 5:16

### **Overtime**

“Lord, thank You for showing us, through Your Word, that we can bring You glory in everything we do. Thank You for giving us the passion and ability to train and compete and to turn this upward to You and for You. Make us more like Jesus. Amen!”



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