

Creating Time for God

Ready:

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” - Matthew 6:33

Set

I remember being a collegiate athlete and not understanding the fullness of rest. Rest only came when I felt under the weather or if injury occurred. Spending time with God was a mere “on the fly” kind of deal. I would participate in a Bible study once a week and counted that toward my faith hours. That’s how I thought until I met my spiritual mentor, who showed me how to create time for God. A big portion of that lesson was that I had to make the choice to make room for God. My schedule doesn’t come first; God does. And it changed everything for me.

As coaches and athletes, schedules are jam packed. You have routines filled with practice plans, competitions scheduled, travels booked, and lifting sessions. Additionally, you deal with extracurricular team participation activities and dinners, school and studying, and personal things, among others. All that to say, coaches and athletes are terribly busy.

Jesus also was remarkably busy. He was on the move, walking miles and miles to the next town. People stopped and interrupted Jesus all the time. He taught in and out of villages and sat with many for meals. He healed His people and moved through tumultuous crowds. His days were filled teaching His apostles and rebuking those who doubted Him. Despite His wildly busy schedule, Jesus would find a solitary place and pray early in the morning (Mark 1:35). He was notorious for withdrawing from the crowd and His people to go spend time with His Father. People would go looking for Jesus beyond the crowd and find Him in prayer, spending time with God (Luke 4:42).

We are also called to spend time with the Father. We must make room and space in our schedule because it will always be worth it. Maybe it’s a few extra minutes before the day begins, or it’s an intentional lunch outside away from everybody else to seek Him. We may have to exchange one small task in exchange for time with God.

Amidst the busy schedules, Jesus found time to be with the Father, and so should we.

Go

1. How will you create daily space and room for God in your life?
2. What will it take to prioritize spending time with God? What else can go, so more room can be created for Him?

3. Memorize the key Scripture above and use it to remind yourself of how good it is to stay fixed on Jesus.

Workout

James 4:8

Mark 1:35

Proverbs 3:5-6

Overtime

“Lord, thank You that You have given me the perfect example in Jesus. Thank You that in the spin of the world, I can stand still and solid in You because of what Jesus did for me. Help me seek time faithfully devoted to You. Help me grow in sweet intimacy with Your presence and be okay with the silence. Help me to keep my eyes fixed on You, so I can grow closer to You and share Your love with everyone around me. In Jesus’ name, amen.”



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