

## Do You Grumble?

### Ready:

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.” – Romans 15:13

### Set

The off season approaches, and what does that mean? Early weights, two-a-days, sore muscles and aches. But it's the off season. It's time to relax. It's time to have fun with things and people outside of my sport. But, I'm a serious competitor. I'm expected to never let up. My parents, my coaches, my teammates, are expecting me to excel. I grumble at the expectations. I grumble at the early mornings. *I'm tired of this. I need a break.*

In sport, the competitive aspect is a wild beast. We're told repeatedly that someone somewhere is getting stronger, faster, bigger than us. We must eat or be eaten. This level of expectation can be exhausting and can suck the joy out of our sport. So, what do we do? Do we grumble at this expectation, dragging our feet? Do we fight against something massive or give up the sport we love?

While we can't change the sometimes intense expectation of sport, we can change our perspectives. Whether you're in a tough situation, feeling low or feeling tethered to these expectations, you have a safe haven. In Jesus Christ, we have hope, peace and joy. Through His loving sacrifice on the cross, we no longer have to go it alone. We have peace knowing that Jesus loves us and is with us.

If we trust in this sentiment and ask God to speak joy into our lives, the Holy Spirit will bring peace and understanding, even in the most difficult situations. Worldly expectations are tough and tiresome, but as His child, God is there to help you along. Dreading your next grueling workout? Talk with God about how He can turn your grumble into joy. Maybe it's a chance to help a teammate, encourage or pray for someone. Whatever it is, through Jesus Christ, we have a light—don't be afraid to let it shine.

### Go

- In what ways can you turn your grumble into joy this week of competition or off season training?
- How can you show your teammates, coaches or peers Jesus' light through you?

### Workout

1 Peter 1:8-9; James 1:2-3

## Overtime

“Dear Lord, thank You for giving me a light in the darkness. Thank You for always providing a place of refuge, a safe haven from the destruction of this world. I pray that You help me seek joy in all circumstances and to rely on You. Help me be the light to others. In Jesus’ name, Amen.”



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