

## **Encouraged in Heart**

### **Ready:**

"My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ." - Colossians 2:2

### **Set**

Recently, our world has been turned upside down. The rhythm and routines of our daily life disrupted, and everyone has been affected. For coaches and athletes, seasons have ended abruptly. Many workers and parents' lives have been thrown into confusion and dismay.

Even when we don't have answers and have difficulty understanding what's going on in our world, we can be encouraged in heart. God's Word affirms that!

Several years ago, an athlete training for an Ironman event was hospitalized with a severe staff infection. Shock and disappointment came when the doctors told him his training and race was over for the season. He had trained for nine and had planned not just to compete but to beat his personal best time. As he laid in the hospital after hearing the news, God revealed to him that the race had become his central focus. He quietly surrendered the race to God, regained his focus, and was encouraged in his heart by his Heavenly Father.

When we are facing difficult times and major setbacks, we don't need answers, we need Jesus! Paul's goal in writing to the Colossian church was to encourage their hearts so that they would have complete understanding to know the mystery of God, that is Christ. He has all the answers. We simply need to live our lives for Him and in Him, strengthened in faith and overflowing with gratitude for His comfort and love.

### **Go**

1. What can you do today to recalibrate and regain a focus on Christ?
2. How can you encourage the heart of a teammate or coach today?

### **Workout**

- Colossians 3:1-3
- 2 Peter 3:9-11
- Colossians 2:6-7

### **Overtime**

"Heavenly Father, we come to You broken and confused. We humbly ask for Your divine

intervention in our lives and in our world. We thank You for encouraging our hearts and making the way possible through Jesus Christ.”

**Bible Reference:**

Colossians 2:2

Colossians 3:1-3

2 Peter 3:9-11

Colossians 2:6-7



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