

## **Every Coach Should Know**

### **Ready:**

"Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us."

-Titus 2:6-8

### **Set**

Glen is a high school football coach. He's not much different than other coaches. He's driven, tough, motivated and strong-willed. However, like many coaches, Glen developed two different lifestyles: a good coaching lifestyle and that of a struggling alcoholic. As these two lifestyles ran their courses, they eventually came crashing together. He continued to coach, but the drinking took its toll. Several DWIs mounted up, and eventually the alcoholism caused more issues. Glen came to the end of his rope.

Being self-controlled is tough. And there are plenty of examples of men in the Bible who struggled with it. David was a king, but he struggled with lusting after a woman who was not his wife. He became controlled by something other than His faith in God, and that led him to act on his lust and commit adultery. The result of that action led him even deeper into sin later on.

Back to Glen. As he struggled with his drinking, God took almost everything away from him. He was limited in his activities due to probation, and during that time he met two people who helped change his life: a local pastor who led him to the Lord and a woman who blessed his life in ways only God could provide.

Now, Glen has pulled his life together. He moved to a new state and got a new focus. He has a new future wife and a new job coaching the sport he loves. As a coach, Glen now realizes that every area of his life is affected by his actions and reactions away from the game, and also that only God can provide the type of control he needs in order to live for Him. Glen knows that his life is not perfect, but it is profoundly different because, for the first time, he is letting God lead.

### **Go**

1. Are you leading two (or more) different lifestyles?
2. Are you struggling with self-control issues?
3. Today, how can you let God lead your life?

### **Workout**

Colossians 1:15-18  
1 Timothy 1:12-17



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