

## **Facing the Competition**

### **Ready:**

For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment.—2 Timothy 1:7

### **Set**

Every once in a while we encounter an opponent in competition who, by all accounts, is unbeatable, and it prompts fear in our team. Some opponents seem to grow larger and larger as we approach game day. The media reports and general word-of-mouth discussions depict them as giants. How should we approach such an opponent?

Your opponents on the athletic field are worthy of your respect. They are not, however, worthy of fear! The work of God's Spirit within us does not bring fear. It brings courage.

Instead of fear, God has given us:

- Power—not just physical power, but power that comes from deep within.
- Love—not an emotional attraction to someone, but a powerful force that desires the highest good for those around us. Concern and sacrifice for teammates, coaches, and family—that's real love.
- Sound judgment—not just doing well in school, but having a mental soundness that is related to doing the right things and accurately assessing the truth.

As we approach competition, we must not fear our opponents, but exercise power, love, and soundness of mind in a day of greatness in competition.

### **Go**

1. Are you afraid of facing anyone in competition?
2. How can you overcome that fear?
3. What are some creative ways that will help you focus on God's gift of a sound mind?

### **Workout**

Extra Reading: Psalm 23; Isaiah 41:10; Romans 8:15

### **Overtime**

God, give me the strength and courage I need to face my opponents. Help me to see them through Your eyes and not my own. Amen.

### **Bible Reference:**



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