

## **Fast Food Beliefs**

n/a

### **Ready:**

“Wait for the LORD; be courageous and let your heart be strong. Wait for the LORD.”  
-Psalm 27:14

### **Set**

Every time I hear about a coach who has been fired after a year or two at a school, it breaks my heart. I once told an athletic director that it would take four years to turn a program around to contend for a league championship. That was not what he wanted to hear, so I did not get the job.

In our society we want everything right now. Actually, we wanted it yesterday. A great example is in the fact that we actually drive through places to get our food. At most fast food places they don't even hold the cup to fill your drink anymore; they put it on a belt, it goes under a fountain, they push a button, and the drink comes out. I suppose it's faster. I'm not sure it's better, but it's faster.

Sports are no different. It's almost rare to watch one morning of SportsCenter without hearing about performance-enhancing substances or some other method an athlete or a coach has tried in order to get to the top faster. But, that is not what sports were meant to be.

A few years ago I read Coach John Heisman's book on football. You might know Coach Heisman by the little award named after him. In his book, Coach Heisman never once uses the word “win.” He talks about character and building young men into quality men. Isn't that what sports should be about?

When we compare sports to our walk with God, the same is true. There are no short cuts. We can't take a shot or a pill and grow closer to God faster. We have to put in the time and the effort. It doesn't happen overnight, and there are tests and trials, but, in the end, those hard times are what make the good times that much sweeter. They also build our faith and make us stronger.

Today, I challenge you to invest more time and effort into your relationship with Jesus. After all, that's the most important relationship you have. If you're married, think about what your marriage would look like if you were always looking for short cuts. What would your friendships look like if you never invested any time in them? Athletically, what would your skill level be if you never practiced? Our relationship with Jesus is the same way. We have to grow it like any other relationship or pursuit, and that takes time. Be willing to dig in with Him and watch Him transform your life day by day.

### **Go**

1. Are you impatient with your athletic development? With your relationships?
2. What about your relationship with Christ? Are you impatient in how that is developing?
3. What happens when we get impatient in relationships?
4. What would be so bad about slowing down and letting things unfold in God's time?
5. How can you begin to live each day with more patience and perseverance in your relationship with Christ?

### **Workout**

Psalm 30:5

Romans 8:28

2 Timothy 4:7

### **Overtime**

"Father grant us the strength to run the race you have set in front of us no matter how long or how difficult it may be."



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