

## **From Fear to Free**

### **Ready:**

“There is no fear in love; instead, perfect love drives out fear, because fear involves punishment. So the one who fears is not complete in love.” -- 1 John 4:18

### **Set**

What are you afraid of? Afraid to run the wrong route or turn the ball over? Afraid to look your coach in the eye after striking out? Afraid that at the end of your career, no one will remember you?

Perhaps you've been hit with heavy disappointment in the past and can't bear to heave your heart up in hope again. Or are you fearful to hand the unknown future to an unseen God?

Fear creates a disconnection in us and covers the truth with lies. The enemy wants to keep us chained to anxiety, weighed down by burdens we were never meant to carry. Jesus calls us into a freedom and peace we can breathe in fresh every day through the power of the Holy Spirit. His great and sacrificial love for us trumps all our doubts and concerns and replaces them with confidence that, in Him and through Him, fear has no hold on us.

We can take this unyielding trust back to our sport and play with abandon knowing we cannot do anything to make God love us less. We can tuck this truth into our hearts and replace “My fear is ...” with “What frees me is ... *Jesus*.”

### **Go**

- What are your fears? What motivates these fears?
- What can you do to remove your fear as you practice and compete?

### **Workout**

[Isaiah 41:10](#)

[2 Timothy 1:7](#)

### **Overtime**

“Father, thank You for seeing me, even in the midst of my fears. Please help me hand over to You what makes me afraid and trust that You have my life under control. Amen.”



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