

## **Finding Balance**

### **Ready:**

“So don’t worry saying, ‘What will we eat?’ or ‘What will we drink?’ For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and his righteousness, and all these things will be provided for you.” – Matthew 6:31-33

### **Set**

I truly believe the biggest challenge a coach will face in his or her career is the challenge of balancing their home and their coaching. Coaching requires so much time and effort of presence from a coach, but even more than that so does their home life.

Whether you’re a single coach who deals with the upkeep of the home, or if you’re married with kids, there truly never seems to be enough time to adequately fulfill either one of these roles. This can lead to discouragement and burnout.

God’s Word speaks to the struggle of fulfilling all the needs demanding your attention each day. He tells us to not worry about anything, but in everything by prayer and petition with thanksgiving to let our requests be made known to Him ([Philippians 4:6](#)). God tells us that if we seek His kingdom and his righteousness first, He will take care of the rest.

As with everything in life, when we put God first and in His rightful place, a miracle of sorts happens where everything else is taken care of.

So, if coaching is a triangle (a cone of sorts) and God is at the top, everything must filter down to us through Him. We will be taken care of when we seek God first. It is the same with our home lives, relationships and marriages. We can trust that God’s Word is true, and He will do what He says He will do. Let’s do our part in putting Him first.

### **Go**

- What makes you the most anxious in your role at home and as a coach?
- Do you believe God can be God over those anxieties?

### **Workout**

[Philippians 4:6](#)

[Ecclesiastes 3:1-8](#)

John 16:33

## **Overtime**

“Lord, thank You for giving me the opportunity to have both a home and a team to coach. I pray for eyes to see what I am allowing to step ahead of You in my life. Please open my eyes to those things and help me deal with them accordingly. Your Word says that when I seek You first, all the rest will be added to me. I choose to trust You and believe. Please help me find a balance that would be pleasing to You in my home and on my team. Thank You for the opportunity to have both. Amen.”



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