

## **GIGO**

### **Ready:**

"Guard your heart above all else,  
for it is the source of life." –Proverbs 4:23

### **Set**

In college, my computer teacher taught me the acronym GIGO. It stands for "Garbage In, Garbage Out." As athletes, we know that this phrase can relate to our bodies. If we fill ourselves with junk, junk will come out in the form of poor performance.

The GIGO acronym is even more powerful when we apply it to our hearts. If we put garbage in our hearts, garbage comes out. Think about this: if a tube of toothpaste is squeezed, what comes out? Mustard? No, toothpaste comes out, because that is what was put in the tube.

I like to think about GIGO not as Garbage In, Garbage Out, but rather as God In, God Out. If we put God in our hearts, then God will come out. Today, we see too many athletes spewing garbage in the arena of competition. We need to change that. The real test comes under the pressures of losing games, making bad plays, or being treated unfairly by a coach. When we get squeezed, what comes out—God or garbage?

### **Go**

1. The last time you were squeezed, what came out?
2. How does garbage get into your heart?
3. How can you guard your heart?
4. What are some ways you can make sure God gets into your heart?

### **Workout**

Luke 11:39; James 1:2-4

### **Overtime**

God, help me guard my heart above all else. Give me discernment so that I can feed my mind, body, and soul correctly. Help me be disciplined in reading my Bible and spending time praying and sitting in Your presence. When life squeezes me, I want You to be the first thing people see. Amen.

### **Bible Reference:**

James 1



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