

## **Give and Teach As You Are Called To**

### **Ready:**

“Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back. Then Jesus gave the following illustration: ‘Can one blind person lead another? Won’t they both fall into a ditch? Students are not greater than their teacher. But the student who is fully trained will become like the teacher.’” Luke 6:38-40

### **Set**

As I enter my 14th year as a bodybuilder with Multiple Sclerosis (MS), I have clearly seen the path the Lord had for me when I was first diagnosed with this life-altering disease. My first response was to show everyone I could beat MS through bodybuilding with the help of Jesus. It became all about me and Him. But when my wife Kendra asked, “Does Jesus want us to lift ourselves up or lift up others?”, I started asking Him what He wanted me to do for others with MS. Before long, He revealed the road I was to travel.

For the past eight years, I have dedicated my life to my MS Fitness Challenge charity. I am still training rigorously as a 61-year-old bodybuilder, but I’ve also been giving to the MS community through free fitness programs and one-on-one training sessions. I’m using my many years of knowledge so that other MS athletes can have a changed fitness regimen. I’m so excited when my MS clients gain strength, mobility, and independence through my workout sessions. I’m also training other fitness professionals on my principles to help their clients.

As coaches, trainers, and educators, we should follow Luke 6:38-40 and honor Christ. We are called to give and teach, so we should examine our path and readjust for His will.

### **Go**

1. What gifts do you have that you can use to give to others?
2. Can you take adversity and turn it into a giving opportunity?
3. When you look at your life, are you applying Luke 6:38-40?

### **Workout**

2 Corinthians 9:8-10; Matthew 6:2

### **Overtime**

“Lord, continue to place humility in my heart and allow me to focus on what You want of me and not what I want for myself. Help all of us who teach to become great givers to glorify You. Amen.”

**Bible Reference:**

Luke 6:38-40

2 Corinthians 9:8-10

Matthew 6:2



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