

## **Give Your All**

n/a

### **Ready:**

Whatever you do, do it enthusiastically, as something done for the Lord and not for men.—Colossians 3:23

### **Set**

How do we approach our sport(s)? Are they just games, or more than that? How hard do we work in practice? Do we give our all when striving to improve our game, or just try to make it through practice and do what it takes to keep the coach off our backs? The Bible gives us some encouraging words about work and practice.

My favorite verse related to hard work is Colossians 3:23. In reference to athletes, this verse is related to one's chosen field of competition. How should we approach all that is related to our sport? The Bible is clear: enthusiastically or with all our hearts.

As Christian athletes, we should give our absolute best in the pursuit of excellence. We should invest all that we are in doing the work before us. Why? Because ultimately we're serving God, the Audience of One, not just the coaching staff.

### **Go**

1. How would you rank your work ethic? Do you honestly give your all in practice? Do you give your all in competition? What about your off-season effort?
2. Often, whom we are working for determines the effort we give to each task. Who are your "audiences"?

### **Workout**

Extra Reading: John 12:25-26; Romans 12:1-2; Colossians 2:9-14

### **Overtime**

Lord, help me to live Colossians 3:23 today. You should be the reason for everything I do. Help me to give my all in Your name. Amen.

### **Bible Reference:**

Colossians 3



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