

## **Godliness is Forever**

### **Ready:**

“But have nothing to do with pointless and silly myths. Rather, train yourself in godliness. For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.” – 1 Timothy 4:7-8

### **Set**

It's common in sports to hear about superstitions and rituals a player or team feels they must go through to win, from wearing a particular pair of socks on game day to spinning the basketball three times before you shoot a free throw or even eating the same meal before each game.

Most of these are done in good fun, but occasionally, they become too serious, and we start to believe that these myths are what bring us victory or defeat. We begin to put our trust and hope in rituals that have no direct correlation to how the game will go.

As Christians, we have something so much more vital to put our faith and trust in. We have the Lord God, who is our foundation. We do not have to rely on silly superstitions or cross our fingers, hoping that something good will come. We know that “all things work together for the good of those who love God, who are called according to his purpose.” ([Romans 8:28](#))

We spend so much time ensuring the best possible outcome in our sports, whether by physical training or putting our hopes in the right flavor of Gatorade. As you look at your life, are you spending even half as much time ensuring that your relationship with God is growing? Are you focusing on how you are growing in Godliness each day?

[1 Timothy](#) tells us that physical training will eventually fade away, but godliness is beneficial for a lifetime and beyond. Our physical training will only benefit us here on earth, but our training in godliness will stay with us when we have united again with God in heaven.

### **Go**

- Do you rely on any silly superstitions within your sports?
- How could you be training for godliness today?
- What does it look like to grow in our relationship with God?

### **Workout**

[Hebrews 6:1](#)

2 Peter 3:18

## **Overtime**

“Lord God, forgive us when we place our hope and trust in the silliness of this world. Remind us that You are always in control and to focus on growing our relationship with You. Remove any obstacles that stand in the way of our growth in godliness and guide us each day closer to You. Amen.”



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