

## **God's Got Your Back**

### **Ready:**

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." - Isaiah 41:10

### **Set**

"I've got your back." That's a saying we as athletes and coaches use often. We use it to describe our relationship with our teammates or players. It means we're in this together. It means that no one is alone. If something happens, we'll be there to help each other out. This phrase also means that we are not alone. Our teammates "have our back." They're there to help us out. Help us up off the ground. Encourage us. Teach us. Work with us. But, what happens when they're not there? The truth is, the most well-meaning, kind-hearted teammate we have can't be there for us in every situation in life. There are times when no one is there to "have our back." Times where we are on our own. Times when we have to pick ourselves up off the ground. While it's true that there may be times when we have no physical person around to help, we do have someone who always has our back, in any and every situation. It's God. In Isaiah 40:10 it reads, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Translation, "I've got your back."

No matter what happens throughout the season, at school or at home, God has your back. He'll always be there to encourage you, pick you up and strengthen you. Today, go out into the world with confidence knowing that the Creator of all things loves you and is watching over you.

### **Go**

1. What would you do differently today if you believed that God really has your back?
2. How can you show your teammates that you have their backs today?

### **Workout**

- Deuteronomy 31:6
- Psalm 121:8

### **Bible Reference:**

Deuteronomy 31:6

Psalms 121:8

Isaiah 41:10



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
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