

## **God's Path**

### **Ready:**

“Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know Him, and He will make your paths straight.” – Proverbs 3:5-6

### **Set**

Much scripture speaks of following God's path, so we have plenty to guide us on life's journey. But it's not just following God's path and going down His road, it's how you follow His path that matters. It's where your heart is while you follow Him. It's who you give the glory to along the way.

As athletes, we tend to become proud of the trophies, awards and victories we obtain through our competitions and the challenges we face. At times, lifting ourselves and patting ourselves on the back becomes easy. We've made it through the battle we were in, victorious and sometimes with some battle scars that can lead us down the path of looking at ourselves and not Him. Our egos can disrupt how we follow the Lord, even as the Church.

Diagnosed with multiple sclerosis (MS) more than 17 years ago, I've battled through many challenges. I've spent a good portion of my life in a war against this incurable disease that has scarred me, and I've come out victorious. I am the only athlete with MS ever to be inducted into the National Fitness Hall of Fame and receive a lifetime achievement award from Arnold Schwarzenegger himself.

When I stood on stage to receive these honors, I could have pointed to myself boasting about my achievements. But I chose to honor Jesus for what He accomplished through me. As you go through the challenges in your sport, seek God's wisdom and ask Jesus for strength through all your trials. Having the right heart and glorifying God is the best way to follow Him.

Remember, everything we are, every game we win, every award we receive, and every accolade we're given is not ours but God's. You will have many paths to go down in life, but until you go down a path with Jesus, no earthly rewards can give you the peace and satisfaction of the ones you receive through Him. Following God's path brings you peace beyond understanding no other way can bring. “The Lord is good and upright; therefore, he shows sinners the way. He leads the humble in what is right and teaches them his way.” (Psalm 25:8-9)

While sports can be a great source of achievement and fulfillment, they are ultimately temporary. Our athletic careers will eventually come to an end, and our bodies will not be able to perform at the same level forever. But Jesus offers us a purpose that is eternal and will never fade away. He can help us to find meaning and significance in our lives, even when our

athletic pursuits are over.

## Go

- Have you given your heart to Jesus as you follow Him?
- Is your path with Christ honoring Him or just following Him?
- What ways can you glorify God in your victories and accolades?

## Workout

Psalm 25:4-5

Psalm 119:105

Isaiah 26:7

## Overtime

“Heavenly Father, thank You for leading me on Your path. Help me to be an example to a broken world of the peace found by following You. Let those who follow You and those who need You see Your grace, love and compassion as You guide us on and to Your path. In Jesus’ name, I pray. Amen.”



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