

## **He Died For Me**

### **Ready:**

"And behold there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said..." – Matthew 28:2-6

### **Set**

I was walking up a hill early on Easter morning, with three of my friends for the annual sunrise service we attend. This year was the first out of three that it wasn't freezing and the clouds weren't hiding our view of the mountains. As the sun rose up in all its glory, its rays touched my face and warmed my heart, tears flowed as we began to sing what has become my traditional Easter song, That Old Rugged Cross. I have always loved Easter but this year was a little different. I think I finally understand the greatness of God's precious gift to us all. The cross Jesus carried for us was more than just his own daily grind. He was good, faithful, generous, loving and humble, and he took the envy, adultery, evil, rudeness, pride and hate on his shoulders and bled it out in front of the whole world as he hung on that cross all alone. Jesus died so that we might be friends of God once again, His precious children, filled with His love, joy, hope and grace.

I am an athlete and I know the journey of rising in competition, daily strapping on the cross it takes to be the best. You eat, sleep, train, pray and compete trying to keep your mind and heart in the right place as a Christian athlete so you can give it all you've got out there, and be a light for your teammates. But as athletes, this cross is nothing to what Jesus carried, praise God! He made it easy for us. Daily, the cross we have to carry is the one as light as a feather filled with love, hope, joy and grace for ourselves, our teammates, our coaches and every person we run into. Don't be afraid to carry this cross, because it is the greatest honor, the mark of what Christ did and how much he loves us. He died and now "HE HAS RISEN."

God bless you today and every day!

### **Go**

1. What are the feelings you have when you find something important you have been looking for?
2. What does this truth that Jesus has risen mean for you?

### **Workout**

Romans 5:1-11

**Bible Reference:**

Romans 5:1-11

Matthew 28:2-6



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