

## **Heart**

### **Ready:**

*"...love the Lord your God, walk in all His ways, keep His commands, remain faithful to Him, and serve Him with all your heart and all your soul."* – Joshua 22:5

### **Set**

How many times do we see athletes who have all the physical tools fail to live up to their potential? Why do athletes with everything going for them so often miss the mark while those with limited ability bring home the prizes? What's the missing ingredient? Heart.

Time and time again we see athletes accomplish amazing feats because they're willing to push themselves beyond the limits of others. They simply refuse to quit! The great distance runner Steve Prefontaine once said, "To give anything less than your best is to sacrifice the gift." Our hearts reveals the very core of who we are.

So, what does it mean to love Jesus Christ with all your heart? We need to look no further than the life of the apostle Paul to find the answer. Paul was a man fanatically sold out to his Lord. He worked in season and out of season. He was tireless, unstoppable and unwilling to accept defeat. There was no sacrifice too great, no price too high for him to pay. His success was the result of heart. He was bold and fearless. Paul let nothing stand in the way of his sharing the gospel. Now that's playing with heart! I pray we all can do the same.

### **Go**

- Is there anything keeping you from reaching your full potential as an athlete?
- What sacrifices must you make to reach your full potential as an athlete?
- What is keeping you from living fully for Christ?
- What sacrifices must you make to reach your full potential in Him?

### **Workout**

1 Kings 8:61

Proverbs 17:3

Matthew 6:21

### **Overtime**

“Father, You are my strength in the difficult times. Teach me to put my trust in You and to never hold back from the things You’ve called me to do. In Jesus’ name I pray. Amen.”

**Bible Reference:**

1 Kings 8:61

Proverbs 17:3

Matthew 6:21



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/heart>