

## **A High-Resolution Life**

### **Ready:**

“For I resolved to know nothing while I was with you except Jesus Christ and him crucified.” – 1 Corinthians 2:2 (NIV)

### **Set**

God created man in His own image (Genesis 1:27). We often hear the word resolution referred to in regards to a photograph or image. A high-resolution image is one that produces an image characterized by the kind of fine detail required for a sharp reproduction. This resolution is measured by how close lines can be to each other and still be visibly resolved.

When we put our faith in Jesus Christ and surrender to Him as Lord of our lives, God molds and shapes us into the image of His Son. This sanctification continues throughout our lives on this earth. He is making us into a sharp reproduction measured by how close we are to Jesus. God intends for us to live a high-resolution life—one that seeks Him and sees Him with crystal clarity as He shines His light on us and through us.

The apostle Paul demonstrated this in his own life. He resolved to know nothing but Jesus Christ and Him crucified (1 Corinthians 2:2). His life was measured by how close he was to Jesus. God used Paul’s resolve and high-resolution life to reach thousands with the gospel. It wasn’t for his own benefit or glory but for God’s.

As coaches and athletes God wants us to live high-resolution lives so that others can see with clarity Jesus Christ in us—to use the platform of sports and our influence to bring visibility and focus to Him, letting His light shine through us.

### **Go**

1. As a coach or athlete what resolve are you willing to make to be used by God for His Kingdom and His glory?
2. Do others see Christ in you when in competition or coaching your team?
3. What does a high-resolution life look like to you, and what do you need to do to get there?

### **Workout**

Daniel 1:8

Matthew 5:16

Ephesians 2:10

## Overtime

“Heavenly Father, thank You for shining Your light into my life and saving me. Thank You for molding me and shaping me into the competitor You want me to be. Forgive me when I lose sight of You in the heat of competition. By the power of Your Holy Spirit living in me, help me to live a high-resolution life for You so that others see Christ. In His name I pray. Amen.”

### Bible Reference:

1 Corinthians 2:2

Daniel 1:8

Matthew 5:16

Ephesians 2:20



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