

## **I Am Second**

### **Ready:**

“Christ is also the head of the church, which is his body. He is the beginning, supreme over all who rise from the dead. So He is first in everything.”

-Colossians 1:18

### **Set**

Today’s athletes are being pressured to be the best. More athletes are turning to whatever they can to get to the top or to stay there. Alex Rodriguez is one case. If you’ve seen his recent interview, you know that he said the pressure to perform drove him to take banned substances.

Texas Ranger Josh Hamilton was also one of those athletes. He was an amazing talent as the No. 1 draft pick in 1999, and he quickly turned heads in the major leagues. But it did not last long. The pressure and stress of staying on top took its toll on Hamilton, and he turned to drugs and alcohol to help him deal with everything. Eventually, he was suspended from baseball in 2002. He was no longer No. 1 in his eyes, let alone the eyes of those who loved him.

In our Christian walk we can get distracted from what is really important. We know the verses, we know the Bible stories, we know what God desires for us, but when life’s circumstances change or tragedy strikes, we tend to forget who is still reigning supreme and in control of everything. Colossians 1 teaches us that Christ is first and shares why He should remain there in your life every day. Nothing you eat, nothing you drink, nothing you see on the Internet, and nothing you put into your body will fill you more than Christ’s love and presence in your life. Though we may find success for a season, we always need to remember who gave us the abilities to do what we do.

During his time away from the game, Hamilton realized he needed to put God first in his life. Once he yielded to God’s leading, things started to change. He rejoined baseball in 2007 with the Cincinnati Reds and had an amazing year, but this past summer in the Home Run Derby

at Yankee Stadium, Hamilton put on a show for the ages. He crushed pitch after pitch out of the park for more home runs in the competition's history. Though what he accomplished in this event was incredible, he gave all glory, honor and praise to the One who saved him from himself through drugs and alcohol.

Hamilton has realized in his life that he is now second and Christ is first. For more on Hamilton's inspiring comeback and others, please check out [www.iamsecond.com](http://www.iamsecond.com). Josh Hamilton has learned to become second in life...Have you?

### **Go**

1. Have you turned to other things to try to stay on top of your game? If so, what were they?
2. What distracts you from keeping Christ first in your life?
3. Today, what can you do to make sure that you realize you are second?

### **Workout**

Psalm 97:9

1 Corinthians 10:31

1 Corinthians 15:28

Colossians 1

### **Bible Reference:**

Colossians 1



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