

## **Ice Bath**

### **Ready:**

“For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory.” – 2 Corinthians 4:17

### **Set**

Ice baths are good for athletes. They help athletes recover, reduce pain, lower inflammation, fight muscle fatigue, lower soreness, and even improve moods.

As good as ice baths are, they are painful and somewhat unbearable for the first 30 seconds. However, as time passes, the athlete begins to settle right in and enjoy the experience.

Our walk with Christ sometimes feels like the first few seconds of an ice bath. There are times in our athletics, academics, home life, friend circles, and personal circumstances when we feel the pain and the unbearable chill of this broken world. Sometimes, we get injured, benched, lose a game or get replaced. Sometimes, we let our friends down, our hearts are broken, or our mental health is at a low. When moments like these come, it feels painful and unbearable, like the first few moments of an ice bath. However, God tells us that the pain and unbearable weight will pass.

How can that be? When we feel the chill of our hurt and pain, how can any good come from it? God shows us in His Word that as time passes, we draw closer to our forever home with Him, where we will feel only the eternal weight of glory, not the weight of pain. God tells us that the sharp pain will pass because He has created a place for us where there is no pain, suffering, heartbreak, anxiety or depression. In time, we will see Heaven.

As we walk through this world, it may feel like the first moments of a chilly and unbearable ice bath. However, we hold onto the hope that it will all pass in time because God has promised a place for us in eternity. As we wait, we hold onto God’s strength, love, joy, peace and forgiveness.

### **Go**

- Are you going through something painful in your life right now?
- Does it comfort you to know there will be a time when there is no pain?
- As you wait for Heaven, how can you help yourself and others remember that this all will pass one day?

### **Workout**

2 Corinthians 12:9-11

Ephesians 3:1-14

Revelation 21:4

### **Overtime**

“God, life feels cold sometimes. I feel the sting of this broken world, which causes me great sadness. Please remind me that You are not only helping me in this time but are also preparing a place in eternity for me where pain is no more. Help me in my sorrow. Amen.”



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