

## **Identity Crisis**

### **Ready:**

"I am at rest in God alone; my salvation comes from Him." -Psalm 62:1

### **Set**

Athletes are trained to be a certain way. They are created to be tough, invincible and strong. Coaches work hard to create an identity for their players, but for many of these finely tuned athletes, once their playing days are over, they struggle to find who they are. They've only ever seen themselves as athletes.

The opening line of the FCA Competitor's Creed makes a bold statement. "I am a Christian first and last." The identity is stated clearly. I do not read where it says I am an athlete first and last. No, it says Christian -- a Christ-follower. Our identity should be found in Christ, not in our sport.

This is easier said than done, and I know from experience. When I finished coaching, I had a rough time at first. I got depressed, angry and downright rotten to be around, but my self-pity party was interrupted one day when Christ told me I was wrong. As I was in His Word, He showed me over and over that sports were what I did, not who I was. Now my identity is found in Christ. He is who I am. He is who I live for. Not my sport, not my family, not my job, but for Him and Him alone. So when my job, sports or any other part of my life goes south, I can still rejoice in the One who created me.

If you are struggling from day to day with your identity, look up and smile. The One who created will be faithful until He calls you home to be with Him. Remember, what you do does not make you who you are!

### **Go**

1. Are you having an identity crisis?
2. Does what you do interfere with who God has called you to be in Him?
3. What do you need to change in order to start rooting your identity in Christ?

### **Workout**

Extra Reading: Psalms 61:1-8; 119:17-20; Colossians 3:2

### **Overtime**

Lord, thank You for this reminder that I need to find my identity in You and nothing else. Help me keep my heart focused on the truth of Your Word and not what the world tells me. Amen.

**Bible Reference:**

Colossians 3



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