

## **I'm Not Alright**

### **Ready:**

"Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation."

-1 Peter 2:2

### **Set**

Legendary football coach Vince Lombardi once said, "Winning means you're willing to go longer, work harder and give more than anyone else." To reach ultimate success in athletics an athlete must realize that there is always room for improvement and that the harder you work, the more successful you will become.

Understanding that there is room for improvement doesn't seem to be a problem for most athletes, as they are willing to put in the extra hours of training to better their skills. But for most Christians, it is different. There are times where we don't realize that we also have room for improvement. I believe the biggest reason we have problems doing this is because we want to think we're already where we need to be. We seem too often to think that we've already done enough. The truth is, we can never do enough in comparison with what God has done for us. We should always strive to do more.

We should have more motivation to improve ourselves for Christ than we do to improve our athletic skills. To do this, we must do what's challenging for each of us. We need to humble ourselves and realize that we're not where we need to be. We need to stop being content with where we're at and realize that we can't do it on our own. To improve ourselves, we need to work out with God as we do with sports so that we can grow spiritually.

I love the song, "I'm Not Alright" by Sanctus Real. If you have a chance today, check it out. Because the truth is, not one of us is "alright." That's why we need Christ.

### **Go**

1. Does your spiritual life ever get stagnant? What can you do to keep that from happening?
2. Do you put invest as much time in improving your relationship with the Lord as you do in improving your athletic skills?
3. What needs to change? How will you take action?

### **Workout**

1 Corinthians 3:6

2 Corinthians 10:15

Ephesians 4:15

### **Bible Reference:**

1 Peter 2



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