

## Is It In You?

### **Ready:**

"I have hidden your word in my heart that I might not sin against you."  
-Psalm 119:11

### **Set**

You see it on every sideline. Every team has it and in nearly as many flavors as Baskin Robbins. I'm sure you know what I'm talking about — Gatorade. It is as common to sports as the equipment we use to play. There are many imitations out there, but there is only one true Gatorade. Athletes at all levels consume this product daily to help them feel their best before, during and after a performance. And commercials today ask, "Is it in you?"

Moses, Joseph, Esther, David, Paul and countless others all were thirsty. But they were thirsty for something far better than Gatorade. They knew that they had to put more than food and water into their bodies to become all they could be. They were filled by the ultimate thirst quencher — God's Word. They understood that they needed God's Word in them to be at their best. They used it to battle the enemy and to defeat their opponents. What a tremendous tool God's Word has been over the years for many men and women of faith.

Gatorade wants to know if their product is in you as an athlete, but God asks a higher question. Is His Word in you? Are you hiding it in your heart? Do you meditate on it daily or just listen to it on Sundays? God, through His Son, has called us to grow in Him and there is no better way to do that than to spend time in His Word.

Today, God is asking the same question as Gatorade ... Is it in you?

### **Go**

1. What are you lacking in your life right now?
2. If God's Word is not in you, what is?
3. Today, how can you start to get it (His Word) in you?

### **Workout**

Matthew 4:4  
Luke 8:19-21  
Hebrews 4:12

### **Bible Reference:**

Hebrews 4



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