

Is It In You?

Ready:

“A good person produces good things from the treasury of a good heart and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.” -- Luke 6:45

Set

Is it in you? This phrase instinctively creates a picture in my mind of an athlete sweating profusely while drinking Gatorade. Shrewd marketers make a direct attempt to persuade us all to believe that what is in us (a sport drink) will determine what comes out of us (our performance).

There may be some truth to that.

Now, I'm not pushing energy drinks, rather I am posing the question to you and to me—**what is in our hearts?** To what have we allowed an open door into our lives? Because whatever is in us, will eventually come out.

This past year, the Lord challenged me to examine my own heart more deeply, and ask, why do I do what I do? Why do I choose to follow Jesus? Why am I so easily discouraged by failure? What have I poured into my life that informs my choices?

Allowing the Holy Spirit entrance to our hearts—through the Word and through His presence—transforms us. Every action and reaction, whether in practice or a game, exposes our passions, our struggles and our joys. What is in us and what comes out, ultimately reveals the reality of our faith and what we believe about God.

What is it that is in you?

I pray it is a life-altering relationship with Jesus Christ. For His Spirit, alive in us, will enable us to do the right thing even when the right thing isn't happening to us. He will empower us to love those who don't love us back. And He will embolden us to be more like Jesus—who, when persecuted, betrayed and falsely accused, prayed, “Father, forgive them, for they don't know what they are doing” (Luke 23:34).

May we keep producing good things from the treasury of a good heart.

Go

- What is it that compels you to do what you do?
- How does your relationship with Jesus Christ alter your response to success or failure?

- How will you pour more of the Word into your life in the coming week?

Workout

Psalms 19:14; Matthew 7:15-20; Ephesians 4:21-24; Philippians 4:4-9

Overtime

“Heavenly Father, transform my heart as I read Your Word and allow Your presence to change me from the inside out. Enable me to reflect You well so there is no question as to who or what is in me. Thank You for the incredible love and grace You pour into my soul. In Jesus’s Name. Amen.”

Bible Reference:

Luke 6:45

Psalms 19:14

Matthew 7:15-20

Philippians 4:4-9



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/devotional/it-you-2>