

## **Law**

n/a

### **Ready:**

The mouth of the righteous utters wisdom; his tongue speaks what is just. The instruction of his God is in his heart; his steps do not falter. — Psalm 37:30–31

### **Set**

It seems the psalmist's heart, informed by God's truth, was the source of his wise speech and security in life. Many coaches rest their security in their players' abilities, which serves them well until injuries occur. Other coaches find security in knowledge of their sport or the experience of their coaching staff. Others appear fully confident, but are then found to be inferior in competition. In each case, their confidence easily turns to anxiety because of the nature of their source.

Our heart can be a limitless source of peace and confidence if we maintain our relationship with Christ through careful study of the Bible. Reading the Scriptures regularly deposits the law of God in our hearts and will keep our steps from slipping.

As we pray in preparation for this day's coaching & playing, we need to ask God to apply His law to our hearts so we may speak to our teammates with wisdom and justice. We must ask Him to make us confident and secure as competitors.

### **Go**

1. How secure do you feel about your life in sport?
2. When are you most confident?
3. When are you a bit anxious?
4. How could you be more secure and keep anxiety at bay?

### **Workout**

Matthew 7:24–29; 1 Peter 5:1–11

### **Overtime**

Father, please fill my heart with Your Word so I may coach and/or play wisely and so my steps may not slip. Help me to lead in a way that honors You. Amen.



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