

## Linger Longer

### Ready:

“Where can I go to escape Your Spirit? Where can I flee from Your presence?” -- Psalm 139:7

### Set

As athletes and coaches, we often approach devotions as something that needs to get done due to our “conquer it” attitude and competitive mindset. It becomes an action item that gets checked off our training list because we love the feeling of accomplishment.

Our mindset toward devotions is like running sprint after sprint, something that we *have to* do instead of *long to* do! Devotions become all about us — what we can get out of it and how much we need it. Yes, we do desperately need it, but we also need to realize that God longs for us to be with Him.

Too many people go through the motions. No spiritual grit. No investment made for the long term. We’re running on spiritual fumes instead of having a full tank. Soaking in God’s presence daily moves us from spiritual surviving to spiritual thriving.

Sit at the feet of Jesus and wait for Him to speak. Listen to the Holy Spirit instead of filling the time with your words. Linger in His presence and find out what’s on God’s heart. We need to STOP–DROP–SOAK. STOP daily; DROP before the Lord; and SOAK in His presence. Stopping is our discipline; dropping is our posture; and soaking is our worship. Extend your time with the Savior and enjoy His presence!

### Go

- As a competitor, how can you turn your quiet time into a *want-to* part of your life instead of a *have-to*?
- How can soaking in God help the stress you face as a competitor?

### Workout

[Psalm 62:5](#); [Psalm 27:14](#)

### Overtime

"Lord, help me to linger longer in Your presence today. Open my ears and heart to hear from Your Spirit. Amen."



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