

## **A Lit Life**

### **Ready:**

“Your word is a lamp to guide my feet and a light for my path.” -- Psalms 119:105

### **Set**

When you are miles from the stadium, what do you see? Stadium lights. When you are watching the game, what helps you see the game? Stadium lights. When the wide receiver goes for the game-winning catch, what is crucial? Stadium lights. If the stadium lights were never on, the fans wouldn't find the stadium, the fans wouldn't see the game, and the players wouldn't play. The stadium lights are the most crucial factor in **all** sports.

Living life apart from God's Word, presence, and guidance is like trying to play at night with zero lights on: you get lost and sometimes hurt.

What does God constantly remind us? He is light and there is no darkness in Him (1 John 1:5). If you follow Him, you will never walk in darkness because we will have light that leads to life (John 8: 12). When we live in light, in Him, there is no stumbling (1 John 1:10). The Spirit gives life (John 6:63). He is the light of the world (Matthew 5:14 and John 9:5).

He does not want us to live life with the lights turned off. He is commanding us daily to come to Him, to His Word, and to His feet, so that we have light to live in forever. If we fall away, the light begins to dim, making life hard, complicated, and dark.

God *wants* to light our path! He *wants* to turn on the stadium lights of our life, so when we wake up and “play the game of life,” we are guided by His bright light and can score big! God's light continues to get brighter in our lives when we remain connected to God's Word, daily pray and worship, trust His guidance and counsel, and find peace in His grace and love.

**Your heart is the field. God is your stadium lights. Is your game/life lit? Or dark?**

### **Go**

- Has there been a time where the lights have not been on?
- How can you help others find this light?
- What can you do daily to stay connected to God's Word?

### **Workout**

Psalms 18:28; Luke 11:36; Ephesians 5:14

### **Overtime**

“God, thank You for your Word. It guides me each day. Help me create a lifestyle of constant connection to You. In You, I will be guided to a life of light. And in this light, all things will be shown. Help my teammates, my school, and my own life be changed by Your light and guidance. Amen.”

**Bible Reference:**

Psalms 119:105

Psalms 18:28

Luke 11:36

Ephesians 5:14



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

---

**Source URL:**<https://fcaresources.com/devotional/lit-life>