

Living an Authentic Life

Ready:

“Whatever you do, do it from the heart, as something done for the Lord and not for people.” - Colossians 3:23

Set

I had just finished high school and was not playing any sport after playing years of volleyball, fast ball, track and badminton. Everything was changing in my life, and I had withdrawn from my university program and was working as a server in a fast-paced restaurant. However, I was distracted and felt disoriented. Everything felt like I was free falling and I didn't know where I would land.

One thing I did know was that in my newly fresh faith, going to God's Word was the only thing that could bring me direction and comfort. I read a verse in my devotions that leapt off the page right into my heart:

“Whatever you do, do it from the heart, as something done for the Lord and not for people.” - Colossians 3:23

It felt like fire in my heart, and I immediately felt my whole perspective shift. I could work from my heart, with all that I had, for God, and that was truly all that mattered.

My attitude and confidence completely shifted. I was having fun and enjoyed my work. My co-workers and boss asked me what had happened to me, and I was able to answer them with honesty, “I prayed!”

Whether I was playing a sport, (which I happily got back to again eventually!), or as I am currently working or leading a team, if I start to feel disoriented or lose confidence, I remind myself of who I am focused on pleasing. I get my heart reorientated and can do what I am doing enthusiastically for God, and this brings out my very best.

This heart motivation impacts every area of life: playing, coaching, relationships, family, community. When we put in our very best effort to please God and live for Him, our lives reorient to what truly matters. We can be confident in our status as God's son or daughter, and live out of that identity confidently, trusting God has good plans set aside for us (Jeremiah 29:11).

When you focus on serving God, you bring your best to Him and everyone in your life. Focus on Him and let your light shine!

Go

- Are you approaching your days giving everything for the glory of God? If not, how can you adjust to serve Him in your heart and life?
- How can you share the goodness of God to those around you?
- Memorize Colossians 3:23 and start repeating it to yourself in the morning before you get caught up in the demands of the day.

Workout

Matthew 5:16

1 Corinthians 6:19-20

1 Corinthians 10:31

Overtime

“Father, thank You that You reset my priorities. Thank You that I can look to You for grace, peace, and comfort. May all that I do be done for You, and You be the focus of everything. Help me to live an authentic life for Your glory and to bring others to You. In Jesus’ name, amen.”



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