

## **Maxing Out**

n/a

### **Ready:**

Therefore, whether you eat or drink, or whatever you do, do everything for God's glory. — 1 Corinthians 10:31

### **Set**

In sports, the term “maxing out” is commonplace and usually refers to some type of physical activity. This could occur in the weight room, track, court, or anywhere else that an athletic event takes place. When maxing out, an athlete gives his best performance to show that his preparation has paid off. These preparations could include weight training, running sprints, agility drills, practicing sport skills, and so on. Only through proper preparation will an athlete be successful at maxing out.

Physical training is not the only preparation necessary for successful maxing out. Proper mind-set is also needed to produce an athlete’s best performance. I believe the only way to achieve the proper mind-set for maxing out is through faith in the Lord. Training your mind is just as important as training your body. The only difference is that training your mind does not require traveling to different places or using a variety of machines; it requires reading and learning from the Bible. Fortunately for us as Christians, we do not have to follow complicated workout schedules, run a certain number of miles a week, or swim a scheduled number of laps in a given time. The Lord has sent us His Son, Jesus Christ, as a model for how to live.

Only through Jesus Christ are we able to find the strength, courage, and discipline to give our best performance. Athletic competition is not a place to leave the Lord out, but it is an arena to glorify Him by our efforts, hard work, and sportsmanship. It is at this point that we are not maxing out for the coach, other players, or the fans. Instead, we are giving our best effort for the glory of the God. In other words, “maxing out for the Lord.”

### **Go**

1. As a coach do you leave Christ out of practices and competition?
2. What can you do to improve your “max”?

### **Workout**

Extra Reading: John 13:12–14; 13:34–35; Colossians 3:23–24

### **Overtime**

Lord, I pray that You will guide my actions and give me the strength to follow You. May I reflect Your will and be a positive role model on and off the athletic field. Amen.



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