

## **Me and My MP3**

### **Ready:**

This book of instruction must not depart from your mouth; you are to recite it day and night, so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.—Joshua 1:8

### **Set**

Years ago I was training for a marathon, a grueling task that was even more difficult because I was training alone. Some training runs were up to 18 miles, all on my own. When I run it's just me, the trail, and my MP3 player. Before I decided to do the marathon I told God I wanted to run for His glory. With a month of training to go, I realized something had become all too familiar to me. Even when I didn't have on headphones, I was singing in my head. I had been listening to my MP3 so often that the songs were in my mind all the time. When I focused on the words, I realized something was wrong.

I had to make sure the music I listened to was pleasing to God. I had songs on my MP3 that were great to run to, but not something I wanted others to know I was listening to. I also realized that if I were in the Word, studying and memorizing daily, it would overflow into my life, just like the music. If I spent as much time in the Bible as I did listening to music on my runs, I would be packed full of God's truth. I could pursue the prize of glorifying God by having His Words written not only in my heart, but on my mind as well.

### **Go**

1. What area of your life is affecting what you think and speak about?
2. What type of music do you listen to before your practice or game? Is it glorifying to God?
3. How can you modify your playlist so you still are super-motivated and fill your soul with life-giving words.

### **Workout**

John 15:7; Colossians 3:2; 2 Timothy 3:16

### **Overtime**

Lord, forgive me for not being careful about what I listen to and watch. Show me where I have compromised. Give me discernment in choosing entertainment that does not contradict Your Word. Help me find options that glorify You. Amen.



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