

## **Mind Games**

n/a

### **Ready:**

Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.—Romans 12:2

### **Set**

At the 70-mile mark I started to cramp up in my calves. I began to “super-hydrate,” attempting to prevent the inevitable. At about that point, there was a “bail out” where riders could take a short-cut to the finish line but not complete the full 105 miles. Determined to press on and complete the ride, I passed it.

At the 85-mile mark, I saw other riders on the side of the road suffering from cramps and rubbing their legs. My cramping got worse with every climb, and I had to dig deep to continue. I was determined not to get off the bike. By then both my calves and quads were cramping severely. I had been praying silently for miles, but now they were audible. I asked God to protect me from injury, to be my strength and shield, and honor my desire to finish the race.

I am certain that my mental dependence on God throughout the race overcame my physical difficulties. I had many opportunities to shut down, but was able to press on and finish.

Our Creator knows the power of the mind. He says that if we want to be different and exceptional, if we want to follow Him even when life is tough, we have to train our minds. Real transformation starts with how we think.

### **Go**

1. What goes through your mind when things get tough?
2. Does God’s Word of encouragement come to mind when you feel like giving up?
3. Have you experienced real transformation in the way you think?

### **Workout**

2 Corinthians 10:5; Colossians 3:2; James 1:6-8

### **Overtime**

Jesus, help me discern what is good and pleasing to You. Keep fear, doubt, and defeat from holding me back. Make me mentally strong and fully reliant on Your strength. I want to live a transformed life that gives You all the glory. Amen.



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