

## Not On Our Own

### Ready:

“Rejoice always, pray constantly, give thanks in everything; for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:16-18

### Set

I had a very demanding coach, so much so that it felt like he didn’t want us to focus on anything but our sport. We were required to eat, sleep, and breathe our game in pursuit of constant improvement. It felt as if nothing we ever did was enough. We were constantly failing because the expectations for one person were too high.

This unrealistic expectation was also felt when I first read 1 Thessalonians 5:16-18. How was I supposed always to be rejoicing, constantly praying, and in everything that happens, giving thanks? That seems impossible for a sinner like me to accomplish. This felt unrealistic because I expected perfection through my works instead of a heart and mindset change toward worshiping God. I thought I had to find a way to achieve these Christian standards. On my own, I will fail to rejoice and give thanks in everything, and I will fail to pray constantly. God knows this, and that’s why He gave us His Holy Spirit to equip us to live a 1 Thessalonians 5:16-18 life.

When we are in Christ, we are gifted with the power of the Holy Spirit. His power, when used correctly, will make us desire to rejoice in challenging circumstances, to have an ongoing dialogue of prayer with the Father, and, no matter what, to give thanks. We are equipped to do that because, through the Spirit, we can see beyond this world and be connected to our Father here on earth.

We should be thankful that God has given us the Holy Spirit to help us and has not left us pursuing unrealistic expectations regarding our faith. It’s not our job to achieve a spirit-filled life based on our works but to trust and believe in the Holy Spirit’s power to bring us closer to Christ.

### Go

- Where in your life do you need more of the Holy Spirit’s power to help you?
- What do you think it means to pray constantly?
- How can you rejoice even in hard times in your life and in your sport?

### Workout

1 Corinthians 2:4

Philippians 4:6-7

## **Overtime**

“Lord, thank You for the power available to us through Your Spirit. Help me not to be foolish and expect perfection through my strength and work. Plant a desire in me to pray constantly, give thanks always, and rejoice no matter what is happening around me. Amen.”



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