

## **Number Our Days**

### **Ready:**

“LORD, make me aware of my end and the number of my days so that I will know how short-lived I am.” – Psalm 39:4

### **Set**

Looking at the average length of professional athletes' careers in America, it is shocking how short they are.

On average, pro basketball and hockey players last 4.5 years. Major League Baseball players last 5.6 years. The average National Football League career is just over three years long. That could be because of injuries or a downturn in life. The player could walk away and feel led to do something different. It's hard to imagine working your whole life for something that seems to last for a moment.

King David made a sobering reminder of this in [Psalm 39](#). He asked God to help him number his days. Life is full of things that grab our focus, and we can spend endless time pursuing goals and dreams. Those are not necessarily bad as long as they don't become idols or things we seek above God.

[James 4:14](#) says, “For you are like vapor that appears for a little while, then vanishes.” If you have a shot at “going pro” and being one of the best at your sport, do it to His glory. But realize that there is a time when the sports career will end.

Let us all make sure that our number one pursuit while we are on this earth is serving our Lord. Let's make Him our top goal and allow Him to organize our lives as He desires. Then, the vapor of our lives can have an impact for His Kingdom.

### **Go**

- How long do you want to play your sport? College? Beyond college?
- Where does your sport rank on your list of priorities? Why?
- How can you make Christ your number one pursuit?

### **Workout**

[Psalm 39:4-5](#)

[James 4:13-14](#)

### **Overtime**

“Father, I trust that I will spend eternity with You. I know that my life here is only a moment in time. Help me to use it wisely for You. May You get the honor for it. In Jesus’ name, I pray, Amen.”



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