

## **Our Better Can Be Better**

### **Ready:**

“For I know the plans I have for you,” declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.’”

-Jeremiah 29:11-13 (NIV)

### **Set**

Have you seen the Nike commercial where the pro athlete leans into the microphone and proclaims, “My better is better than your better”? In this commercial, top-tier athletes from a variety of sports are shown performing some serious training and drills, all with the goal of bettering their game. It’s a commercial advertising Nike’s SPARQ gear—SPARQ stands for Speed, Performance, Agility, Reaction and Quickness. But the commercial serves as more than just an ad for Nike to sell a product. It’s also a reminder of the effort it takes in the off-season to prepare for what lies ahead.

The Bible says that we need to “be prepared in season and out of season” (2 Timothy 4:2). In 1 Corinthians 9:24-25, it also says that we should “go into strict training” and “compete in such a way as to get the prize.” For many of us, the summer makes next season seem like a long way off; but mark my words, it is coming fast! Will you be ready? Will your better be better?

The Apostle Paul says this in 1 Corinthians 9:26-27 (NLT): “I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should...” Why would he say such a thing? Maybe because that’s what it takes to make a real impact! As you prepare for the season ahead keep in mind that God wants your very best! Remind yourself that His Word says that “whatever you do, do it all for the glory of God” (1 Corinthians 10:31). And if you find yourself wanting to pack it in and not put in the effort, remind yourself that God’s way is worth it. He has plans for you. Plans to help you prosper, excel and achieve (Jeremiah 29:11-13). His way is simply better than anything else!

### **Go**

1. How do our preparation and our play affect God's Kingdom?
2. What advantages does our faith give us in competition?
3. Name some different aspects of your preparation and competition in which you can give God the glory.

### **Workout**

1 Corinthians 9:24-27  
Colossians 3:23-24  
2 Timothy 4:2

**Bible Reference:**

2 Timothy 4



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