

Our Full Potential

Ready:

“For I am the Lord your God, who holds your right hand, who says to you, ‘Do not fear; I will help you.’” – Isaiah 41:13

Set

As an athlete, you’re always striving to be the best that you can be. You train hard, push yourself to your limit and always look for ways to improve.

But what if there was more to reaching your full potential than just physical preparation? What if there was a way to tap into a spiritual source of strength and power? That’s where Jesus comes in. Jesus is the ultimate source of strength and power. He is the one who can help you to overcome any obstacle and achieve your goals.

When I trained to get back on a bodybuilding stage after 25 years and now at 50 years of age with multiple sclerosis (MS), there was no way I could reach my full potential on my own. The training was especially grueling and often painful with MS, yet I turned to Jesus daily and asked for the strength and perseverance I needed to achieve my goal. Even on the day of the contest, when I felt like not showing up, He showed up for me. I believe He carried me that day to take home my trophy.

If you’re struggling to reach your full potential, remember Jesus is alongside you. He can give you the strength to persevere. When you’re training hard, there will be times when you want to give up. But Jesus can give you the strength to keep going.

It’s easy to get distracted when you’re training for a big event. But Jesus can help you to stay focused on your goals. The Word says, “keeping our eyes on Jesus, the pioneer and perfecter of our faith.” ([Hebrews 12:2](#))

When you’re feeling lost or discouraged, as I did the day of my competition, turn to Jesus. He will help you.

Go

- Are you turning to Jesus to help you reach your full potential?
- When the going gets tough, where are you getting your strength from?
- What ways can you stay focused on your goals through Jesus?

Workout

Nehemiah 8:10

Isaiah 41:13

2 Timothy 4:17

Overtime

“Heavenly Father, thank You for giving me the strength to persevere when times get tough. Thank You for helping me focus on my goals while honoring and keeping my eyes on You. I will not fear my trials because I know You are holding my hand. In Jesus’ Name I pray. Amen.”



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