

## **Out of Control**

n/a

### **Ready:**

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses every thought, will guard your hearts and your minds in Christ Jesus.—Philippians 4:6-7

### **Set**

Paul gave great instruction on how to live with the peace of God. It's easy to get caught up in everything going on around us and lose sight of our true purpose on earth, which is to serve God. He has blessed me with the opportunity to play football. It's my responsibility to give everything I've got and use my ability to the fullest while praying for His direction. Anything beyond that is out of my control. If I've truly given my best, then I can have peace no matter what happens in a game, during the season, or throughout my career. This is true in every area of our lives. An eternal perspective is important. We are only here for a short time compared to the scope of eternity. When we worry about things we can't control, it is difficult to live for the higher purpose God has called us to. We can fulfill that higher purpose and experience God's peace by living in obedience, giving our best, and trusting Him to take care of the rest.

### **Go**

1. Is it easy to relinquish decision making to your coach or do you feel more comfortable taking control of game situations? Why?
2. Think of a time you had to give up control in order to be successful. Did you struggle to give up that control? What was the result?
3. What areas of your life do you need to hand over to God? How might holding on to them restrict your ability to progress as an athlete, a student, or a Christian? How can turning them over to God make a difference?

### **Workout**

Matthew 6:25-33; John 14:27; James 1:5-7

### **Overtime**

Lord, I give You all of my doubts, worries, and fears. Take any anxious thoughts away. Help me trust You more and follow Your path no matter how treacherous it might appear before my flawed, human eyes. Amen.

**Bible Reference:**

James 1



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