

## **Overcome Adversity**

### **Ready:**

No, in all these things we are more than conquerors through him who loved us - Romans 8:37

### **Set**

As a child, I dealt with the embarrassment of having to wear glasses and braces. And to make matters worse, I had problems with my hearing which required me to wear a hearing aid and affected my speech. You can imagine the name-calling that ensued. I remember one day on the way home from school, I was so frustrated that I took off my hearing aid and threw it into a ditch. Needless to say, my parents weren't too happy about that.

By the time I was in middle school, my parents divorced and added another layer of adversity to my life. I used sports as an escape from my problems. But even there, I faced my share of difficulties. Throughout my career I've torn my ACL, my meniscus and my Achilles tendon. When I faced those tough times, it would have been easy to give up and say, "Woe is me!" But I represent God in everything I do, and I knew He had a plan for my life. And through those injuries and struggles, I've drawn closer to the Lord.

God has a plan for everyone and once you've discovered that plan, no one but you can stop it from coming to pass. This has certainly been true in my life. I have personally experienced what it means to be "victorious through Him who loved us." And all of the things I've experienced have given me a platform to inspire others and share with them the love of God. By His grace, those adversities made me stronger and helped me become the person that I am today.

### **Go**

1. What are some adversities that you have faced within and outside of sports?
2. Read Romans 8:28. Are you able to see how God has used difficult situations in your life for the greater good? Explain.
3. Do you truly believe that God has a plan for your life? How might embracing His plan help you deal with life's challenges?

### **Workout**

Romans 8:28, 2 Corinthians 4:8-9, 12:9-10, Philippians 4:12-13

### **Overtime**

Lord, help me to see Your purpose for my life. Give me the strength to overcome adversity that seeks to discourage me from fulfilling Your ultimate plan. In Your mighty name. Amen.



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