

## **Pick It Up**

### **Ready:**

“Submit as free people, not using your freedom as a cover-up for evil, but as God’s slaves.--  
Proverbs 24:16

### **Set**

Ever since I was a little kid, I always wondered what it takes to be an Olympian. What type of characteristics does it take? What kind of person do you have to be? Now that I am one, I’m very humbled because it’s not like I feel like I’m so great or that I’ve done anything that special to deserve to get to the Olympics.?

I feel like the thing I’ve done best is I’ve just gotten back up from all of the lickings I’ve taken, both physically and spiritually. I’m a pretty black-and-white person. I’ll try to live the best I can, then I’ll mess up and fall, and I’ll get all down and upset with myself. I’ve learned over the years not to let myself get as emotionally down when I mess up, and I try to pick myself up off the ground quicker after making a mistake.?

I love what the Bible states in Proverbs 24:16. It really inspires me because I feel like it summarizes a lot of my physical and spiritual journeys to this point. I’m definitely not perfect by any stretch, but when I rely on God’s strength, I know that I can pick myself up and keep moving forward.

### **Go**

1. What do you think are some of the characteristics it takes to become an elite athlete?
2. Can you describe a time in your athletic career when you literally stumbled and failed? How did you react to that mishap?
3. As an athlete, what motivates you to keep moving forward after making a mistake? How does that determination translate to your everyday life and your Christian walk?

### **Workout**

[Malachi 4:1-3](#)

[Philippians 3:12-14](#)

### **Overtime**

Lord, thank You for the grace that You extend when I stumble and fall. Help me to rely on Your perfect strength so that I might be able to pick myself up and press on toward the ultimate prize. Amen.



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