

## **R U Fat?**

### **Ready:**

"All scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work."

-2 Timothy 3:16-17

### **Set**

I was approached the other day and asked if I was fat. Well, as a former athlete and coach who has put on a few since his glory days, I was taken aback. "I may be fat, but you're ugly," I kidded him. He laughed and responded, "Not that kind of fat!" I was interested to see how he was going to get out of this one.

He went on to tell me that the "fat" he had been talking about stood for Faithful, Available and Teachable. He told me that we need FAT people involved in the ministry. What a great thought! We most certainly do need FAT people in every area of life. Athletes need to be FAT. Coaches need to be FAT. Pastors need to be FAT. And the list goes on and on. The question now is ... Are you FAT?

Are you faithful to your team? Your family? Your Lord? Are you available to help, serve, or even listen? Are you teachable in your sport? At your school? In your walk with Christ? Are you FAT? As for me, well, I looked in the mirror today, and while I am working on being less fat in stature, but I hope to always be FAT in Christ. My advice: super-size it! Go large! Make it a biggie size! Just be FAT for Christ! He needs you to be faithful, available and teachable for His purposes and His glory.

### **Go**

1. Where do you struggle in being faithful, available and teachable?
2. Have you put Jesus first in your life so that you can become FAT in Him?
3. Today, where can you be more FAT in Christ?

### **Workout**

Psalm 119:30

Proverbs 14:6

Ephesians 3:20

### **Bible Reference:**

2 Timothy 3



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