

Rebuilding Year

Ready:

"I am counting on the Lord; yes, I am counting on him. I have put my hope in his word." - Psalm 130:5

Set

"It's a rebuilding year" - the words no sports fan wants to hear, as they watch their favorite team trade away star players for draft picks and minor league prospects. When facing a rebuilding year, some fans choose a new team to cheer for while others quit watching altogether. Yet there are some who remain loyal, supporting their team through season after season with a losing record, hoping that success is just around the corner.

In the Old Testament, after years of evil kings, false prophets, worshipping idols, and failure to turn back to God, the Israelites were carried into exile from Jerusalem to Babylon. Through the prophet Jeremiah, God promised to rescue them and bring them back to their homeland, but not until they had lived seventy years in captivity (Jeremiah 29:10-11). In the meantime, God instructs the Israelites to settle down and "build houses, plant gardens, marry and have children, and work for the peace and prosperity of the city where I sent you into exile" (29:5-7).

A seventy year rebuild!? That would test the loyalty of even the most diehard fans. I can imagine that it was hard for the Israelites to have faith and hope in God's good plans for the future (29:11) as some lived their entire lifetime in the land of their enemies.

Despite present circumstances that may look bleak, God calls us to hope in the future (29:11). That's what teams do – they rebuild for the future, hoping to develop a team that will eventually bring a championship to their city. In sports, sometimes this works but sometimes it doesn't, leaving fans to wonder if the hope they held on to for the last several years was even worth it.

But unlike in sports, as followers of Christ we can be 100% certain that waiting on the Lord is worth it, for He promises to work out all things for the good of those who love Him (Romans 8:28). He promises a future that is good and full of hope (Jeremiah 29:11).

If you find yourself in a season of rebuilding or waiting, I encourage you to make the most of it. Be patient and don't waste the waiting. Instead, build houses, plant gardens, serve others, invest in relationships with the people around you, and seek to know God better. His plans for you are good – believe it and trust Him.

Go

1. Have you ever been a part of a sports team during a rebuilding season, either as an

athlete, coach, or fan? How did you feel? And how did you respond?

2. Is there a place in your life right now where you are experiencing a season of waiting? How can you glorify God and make the most of this season, even as you continue to wait?

Workout

Jeremiah 29:4-14

Overtime

God I know that you promise a future that is good and full of hope. So in this season of waiting, I pray that you help me to find joy and purpose in You despite my circumstance. God, you promise to work out all things for my good, and I trust You. Amen.



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/devotional/rebuilding-year>