

## **Reflect with God**

### **Ready:**

“The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only son, who came from the Father, full of grace and truth.” -- John 1:14

### **Set**

Depending what sport you play, you're either at the pinnacle of your season, in off-season, or about to enter pre-season. Despite what season you're in, it requires your focus and attention to perform well and succeed. And whether you're wrapping up a season, grinding it out in the middle of a season, or about to kick one off, you have to be “all in” and ready to go.

However, despite the season you're in, we can all agree that this one looks very different than the last season. Every season is different than the last, that's always been true in sports. Just because a team is crowned champion one season doesn't always guarantee that they'll stand on the podium the following season.

Obviously, COVID has drastically affected the outcome of many of our seasons. And although it has caused a lot of pain and strife, we need to make sure we're not overlooking the personal changes in our lives that occur each season. Yes, this season looks different than the last--in more ways than one. Yes, COVID has caused things to change. But what has happened in your life since last season, personally—whether it's physically, mentally, or spiritually—that has caused you to be in a different place now?

Oftentimes, as competitors, we are so busy preparing ourselves for what is next—the upcoming season, the next game, or the approaching championship, which requires a lot of our focus and attention. Sometimes, we're so consumed with putting in all our effort towards the “next” thing, that we don't stop to think back about what the last couple of days, weeks, months, or years have taught us.

As a competitor, whether you're an athlete or a coach, you want to perform well and succeed; so how does focusing on the past help you succeed in the future? Well, that all depends on how you define success. Is success simply about winning? Is it becoming the best in your sport? What if success was becoming the best that you can be?

To become the best that you can be, you need to reflect on where you've been, how you got where you're at now, and who the people are around you who helped you get there. Then, you can start thinking about where you want to go and how you can get there. But by skipping over a time of reflection and running straight towards your next goal, you'll never achieve your full potential.

Whether it's through an injury, a loss, a win, a hardship, a personal growth opportunity, or an encouraging moment with teammates, there are so many challenges and victories in the midst of each season that make you stronger and push you towards becoming the best you can be.

Let this Christmas season be one of rest and reflection. Wherever you're at in your season, take time to rest in the Lord. Matthew 11:28 says, "Come to me, all who are weary and burdened, and I will give you rest." Set aside the worries and stresses that come with your season and rest in Jesus.

It's also a great opportunity to take time and reflect. Reflect on all that God has done in your life since last season—all the good and bad—and pray that God uses those things to refine you and bring Him glory. Most importantly, reflect on what God has done for you by giving the world His one and only Son.

This Christmas season is the perfect opportunity to reflect on God's goodness in your life--to witness all that He's done in and through His Son, Jesus, who was given to us full of grace and truth! We hope this plan encourages you during this Christmas season to be obedient and trust in Jesus this season, reflecting on the redemption and salvation we have through Christ!

## **Go**

- Take some time to reflect on last season. What is something—good or bad—that happened to you last season (personally, spiritually, mentally, or physically) that impacted you?
- How can you use that to become the best you can be for this/next season?

## **Workout**

John 8:32; Proverbs 27:19

## **Overtime**

"Lord, I pray that You help me to take time to rest and reflect this Christmas season. During this tough season, help me to remember your goodness in my life. I pray that you use the things in my life from last season to refine me more into your image so that I may bring you honor and glory!"

## **Bible Reference:**

John 1:14

John 8:32

Proverbs 27:19



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