

## **Remember JOY**

### **Ready:**

*“Do not grieve, because the joy of the Lord is your strength.” Nehemiah 8:10*

### **Set**

When a person sprains his ankle or breaks her leg, it's obvious an injury occurred due to a large amount of stress. However, when a person suffers internally, the injury is not as obvious. Sometimes small doses of stress over a period of time may become overwhelming to the point a person may begin to feel mentally, physically, spiritually and emotionally exhausted. We call this “burnout,” and for coaches it can be our strongest personal opponent. Identifying the triggers of burnout is important so we can strategize how to fight against it.

Coming to Jesus and following His pace might not come naturally, especially when the frustration of burnout brings unhappiness. How do we follow His pace? What does that even look like?

Let's look a little closer at what we can do to fill our physical, emotional and spiritual buckets:

### **Remember JOY: Jesus, Others, You**

If you have lost your joy of coaching, remember your “why.” One of my favorite football coaches often reminded his team that JOY stands for “Jesus, Others and You.” First, spend time with Jesus, finding time each day to spend in God's Word. Your relationship with Him is priority. Even the best coaches need to spend time with the Greatest Coach, and the more we time spent together, the more our growth in God can spill into all areas of life.

### **Recovery Time**

If you are exhausted, give yourself recovery time. Rest comes from getting adequate sleep, nutrition and hydration. But there's a deeper recovery time we need to schedule into our routine to make sure we are spiritually rested. True rest comes from spending time in God's Word, going to church, praying and spending time with believers who will love, pray for and support you and your family through the hard seasons.

### **Boundaries**

Setting boundaries and establishing expectations for your players from the beginning of the season helps them to know where the lines are for them to work hard to reach and for them to stay within. Setting boundaries for yourself helps you to get home at a decent time and not take on extra responsibilities you can't handle during the season. Boundaries set ahead of

time in love bring respect not rebellion.

God comes to strengthen us and calls us to follow His pace so we may avoid all kinds of burnout and instead coach from His overflow.

## **Go**

? What demands the most attention in your life right now? Are there ways to rearrange your daily schedule to relieve any unnecessary pressure?

? Which of the three would you like God to help give you more freedom with: Remembering JOY, Recovery Time, or Boundaries? Why?

? Plan out as best you can a week full of recovery time and healthy boundaries to be with the Lord and what refreshes your spirit.

## **Workout**

Matthew 11:28-29

John 4:13-14

Romans 12:16-18

## **Overtime**

“Father, there are so many things and people that demand my attention. I can often wake up and feel weary before my day even begins! Would you help reset my spirit with You rest and grace, and help me refuel with time spent in Your Word and with others who will lead me to You? Thank You that You are always looking to draw me closer. In Jesus’ name, amen.”



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