

## **Return with Honor**

### **Ready:**

“He renews my strength. He guides me along right paths, bringing honor to his name.” --  
Psalm 23:3

### **Set**

The middle school and high school athletes worked hard. Day after day, they congregated at the cross-country office awaiting instructions. Sometimes they headed to the track for an intense workout on the oval. Other times they ran along the mountain trails near the school. Some practices were recovery days. These were often light-hearted, including a game of follow the leader or cat and mouse. But regardless of the type of workout, each was designed with the purpose of getting the athletes to the starting line in the best physical shape possible.

“Remember, the goal is to return with honor,” Coach T reminded each group right before the race began. She told them:

“You will have to make decisions as you run. Will you back off when the pain won’t let go? Will you give up trying to run down those in front of you? When you feel like caving, when you feel like doing less than your best, ask yourself if this is honorable. If not adjust. But IF you run honorably throughout the entire race, you can be satisfied when you cross the line. Return with honor!”

As members of God’s team, we too have decisions to make every day. Will we act honorably? Think honorably? Will we represent a holy and just God in the most honorable way? We are told that God requires three things: to act justly, love mercy, and walk humbly (Micah 6:8). If we do that, we will return with honor.

### **Go**

- Think of a time when you did not act or think honorably. Why did you make that choice?
- What do we risk if we are not intentional about being honorable?

### **Workout**

Philippians 4:8; Micah 6:8; 2 Corinthians 10:5

### **Overtime**

“Father God, please help me hold every thought and action captive in obedience to Christ. At the end of the day, may I return with honor.”

### **Bible Reference:**

Psalms 23:3  
Philippians 4:8  
Micah 6:8  
2 Corinthians 10:5



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