

## **Sandbagging**

### **Ready:**

"The purposes of a person's heart are deep waters, but one who has insight draws them out." - Proverbs 20:25

### **Set**

Let's say I presented you with a shovel, a huge pile of sand, some burlap sacks and told you to start shoveling the sand into the sacks. "It might take all day and night, but I need you to fill hundreds of bags up with the sand. In the end, you will thank me," I say. Now let's say I give you the same shovel, sand, and sacks and told you a flood will be here in less than 6 hours. There is no escaping the water and the currents are strong enough to wash away your home, your community, drowning you and everyone you love. Now, start shoveling. True power is in purpose. Athletes rigorously devote themselves to working out, practice, film, and even harsh dietary restrictions while in season.

### **Why?**

When you hoist a championship trophy above your head, slide that championship ring on your finger, or watch the banner unfurl from the rafters, purpose is easy to appreciate. What about before and throughout a long season? In life, most ignore or give up on the search for purpose for the day-to-day grind. The truly successful and content discover their purpose and encourage others to do the same. Make no mistake, finding your purpose can be challenging and pursuing it equally challenging - however, no truly great journey begins without a destination in mind. Winning a championship is an easy destination to identify in sports, but what about in life? What about in your life? What is your purpose? What are you doing to discover and pursue your purpose?

### **Go**

1. Before you knew why, would you get the shoveling sand job done? How quickly?
2. After you knew why, would you get the shoveling sand job done? How quickly? What changed?

### **Workout**

Romans 8:28; Ephesians 2:10; Matthew 28:18-20

**Bible Reference:**

Romans 8:28

Ephesians 2:10

Matthew 28:18-20



Fellowship of Christian Athletes © 2021

8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909

Comments or Questions, [fca@fca.org](mailto:fca@fca.org)

[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/devotional/sandbagging>