

## **Slump**

### **Ready:**

"They wander about for food and howl if not satisfied. But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble."

-Psalm 59:16-17

### **Set**

Tiger Woods doesn't win a tournament in a month. Barry Bonds doesn't homer in a week. Jeff Gordon doesn't win a race for a month. All of these are recent happenings. Sportswriters love this type of reporting because they get to go for the jugular. They break out the big "S" word — SLUMP. Sports fans and writers get used to the sports heroes performing day in and day out. When reality hits that these athletes aren't perfect, they feel like they have to make an excuse or that something must be terribly wrong with them. For the three examples above, I'm not sure if the word "slump" is right, but we all go through tough times in life and in sport.

Webster defines the word "slump" as a "slide," "decline," or "falling off." I can relate to the word slump. Recently, it appeared that I was in one. I was allowing life to get the best of me. Everything in life was starting to slide ... work, home, church. I was in a spiritual slump. I didn't want to write or even do much of anything. Why? Not really sure, but I didn't have to hit a 300-yard drive, a game-winning homer, or drive 500 miles at 200 mph to get out of my slump. I simply turned my head toward heaven and asked for help. I had lost my joy, my happiness, my way home. I took my eyes off of Him and concentrated on myself, but God reminded me just how good I really had it with and in Him. After reading the passage in Psalm 59, He showed me, as He ALWAYS does, that His love is more than enough to sustain me and keep me happy in Him.

Are you in a slump in sport, in life or in spirit? If so, take courage and take hold of His truth for you today. He is our refuge in times of distress, and we can shout for joy everyday because of His unfailing love. Slump? What slump? God is the ultimate Slump-Breaker. Allow Him to help today. I did, and guess what ... He works if you give Him a chance!

### **Go**

1. Ever feel like you are in a slump?
2. Are you on a spiritual upswing or downslide?
3. Today, how can you start to find joy in Jesus and break out of the funk?

### **Workout**

Matthew 6:33

Romans 15:13

Hebrews 12:1-3

### **Bible Reference:**

Hebrews 12



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