

## **Sometimes it Takes Work**

### **Ready:**

“The one who works his land will have plenty of food, but whoever chases fantasies lacks sense.” – Proverbs 12:11

### **Set**

In 2001, Washington D.C. hosted the National Basketball Association (NBA) All-Star Game, and what a show it got.

The Eastern team beat the Western team 111-110. The East managed a win despite an 11-0 deficit to start the game, being down by 21 with nine minutes to play and being a much shorter team (The East's average height was 6-foot-6 to the West's 6-foot-9). It took a lot of effort and work for the East to make it a game and win. But it was a game for the ages.

To be successful as an athlete, you must be willing to work. Playing sports is fun and always should be. But if you want to pull out the best within you, it will take some sweat. It might take extra reps or some extra working out before or after practice. You may need to buckle down on your diet or extra-curricular activities.

The wonderful thing about being in Christ is that He already did the heavy lifting. If our trust is fully in His sacrifice on the cross and His resurrection, that work is over. But often, serving the Lord out of love for Him and others will require some sweat, too.

Proverbs 12:11 says to reap a harvest, you must work the land. If you want to bring the most out of yourself as an athlete, put the work in and don't quit. If you want to show others the love of the Lord that has changed you, be willing to do whatever work He wants you to do. Remember, it is never about us. It is about Him working in us and through us.

### **Go**

- What extra work do you have to put in to be better at your sport?
- Are you willing to let God use you however He'd like? Talk to Him about it.

### **Workout**

Genesis 2:15

Proverbs 12:11

Colossians 3:23-24

### **Overtime**

“Father, thank You for sending Jesus to do the work of paying my debt of sin. Please use me to serve others however You see fit. I am willing... In His name, I pray. Amen.”



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