

## **Spiritual Quarterback**

### **Ready:**

“So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.” 1 Peter 5:6-7

### **Set**

To start a play in football, the center snaps the ball to the quarterback. The quarterback catches the ball and either throws it or hands it off to a player who is open. God has given you the role to be a spiritual quarterback.

When you look at life with a spiritual lens, you are constantly snapped footballs of cares and problems. Your role and responsibility as a spiritual quarterback is trifold: first, you must be available to catch the ball. Next, you must focus on the ball, your teammates, and the opposing team; you are to look up and look out. You must look up and see the field and look out for the One who is open to catch every care. Last, you are to aim and throw. And who should you throw to? God. God has a perfect catch every time.

So, whenever you are in a situation where someone sends you a burden or challenge, your job as a spiritual quarterback is to not hold onto the ball or let it pass by you but to throw every care to God. What happens if you, as the quarterback, hold onto the ball for too long? You get sacked. So, you must remember to quickly release the football of your cares and others' cares to God as soon as possible.

Victory comes when you realize that God is always ready to take on your burdens. God is greater than every care and concern. Remember, throwing the football to God allows the whole team to advance forward. With God, it's a first down every time.

### **Go**

1. What happens when you hold onto concerns in your life?
2. Do you have a spiritual quarterback in your life? Are you a spiritual quarterback for someone else?

### **Workout**

2 Timothy 1:7; 1 Corinthians 15:57-58; Ephesians 6:10

### **Overtime**

“Father God, thank You for the victory I have in Jesus Christ my Lord and Savior. I cast my cares to You right now. Help me to remember to give every care to You, both my own and

others. Your burden is light. Thank You. Be glorified in my life.”

**Bible Reference:**

1 Peter 5:6-7

2 Timothy 1:7

1 Corinthians 15:57-58

Ephesians 6:10



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