

## The Squeeze

### **Ready:**

“Now we have this treasure in clay jars, so that this extraordinary power may be from God and not from us. We are afflicted in every way but not crushed; we are perplexed but not in despair; we are persecuted but not abandoned; we are struck down but not destroyed.” -- 2 Corinthians 4:7-9

### **Set**

I didn't know if it was a compliment or not, but during my weekly meeting with my college coach, she explained that I had a resilient spirit. A few months prior, I had walked on to the team. I had been put through “the squeeze,” a series of fitness tests, athletic drills and competitions to see if I had what it takes to play at the highest level.

Often as competitors, we feel “the squeeze” when it comes to performance. Whether you're competing in a big game, coaching a losing season or fighting through an injury, we all experience the pressure of performing against outside influences or circumstances. What grows us as competitors is pushing through and learning from those “squeeze” situations.

Yet, as *Christian* competitors, we don't have to rely on our own power to get us through “the squeeze.” Rather, we have God's strength and the life of Jesus that empowers and sustains us.

Therefore, when we grapple with a season-ending injury, we don't sit in despair. And when we face harsh criticism, we don't feel abandoned. We find encouragement knowing we can tap into the extraordinary power of God that enables us to be “resilient.”

### **Go**

- How can you show a godly, resilient spirit during tough times of competition?
- Do you first turn to God when you face adversity in your sport?

### **Workout**

[Exodus 15:13](#)

[Psalm 46:1](#)

### **Overtime**

“Father, thank You for being with me during my ‘squeeze’ situations and sustaining my spirit. Give me the strength to always focus on and reflect You. Amen.”



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