

## **The Starting Line: Master the Basics**

### **Ready:**

“For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.” -- Hebrews 4:12

### **Set**

Every sport requires players to learn fundamental skills for excellence. At times, the basics can be unexciting and difficult to learn. But in any sport, mastering these basics is always the key to success.

Much like fundamental skills in sports, a core set of basics will guide you in living a life focused on Christ.

There are three areas of basic training essential to a successful endurance run with God.

### **Basic 1: STAY IN CONSTANT COMMUNICATION WITH YOUR LIFE COACH—PRAY**

Success in sports is difficult without a mentor, coach, or trainer to guide us. The same is true in our lives. We need to meet personally with God through direct communication—prayer.

Prayer is a powerful tool that can change your life and the lives of those around you. Prayer is about sharing your heart with God and allowing Him to speak into your life. Learn to be completely open with God and listen for His voice.

### **Basic 2: STUDY GOD’S TRAINING MANUAL—THE BIBLE**

Each sport has a training manual to develop excellence. For the Christ-follower, the Bible is like a playbook and training manual. Its inspired words come from the heart and mind of God. It contains piercing truth about who God is, who we really are, and our mission and destiny.

Its message is simple, yet deeply powerful. The Bible is living and active; God reveals new insights each time you open it.

### **Basic 3: LOCK ARMS WITH A WINNING TEAM—FIND A CHURCH**

As competitors, we depend on the support of others to reach our specific goals. A church is a supportive team focused on serving God together. From the beginning, God has always put people together with different talents, abilities, and experiences to accomplish His plan. Find a church that you can learn from and serve with in order to grow in your faith.

To master the basics, keep a daily routine of prayer and Bible reading just like you would follow a basic training schedule. Let's Go!

## Go

- What three basics have you mastered in your sport or your position?
- Why do you think Hebrews 4 describes the words of God as “alive” and actively “powerful”? How does the Bible differ from other books?
- Rephrase Jesus’ prayer (Matthew 6:9-13) in your own words. How might sincerely praying those things impact your life and your relationships with others?
- Why is teamwork important in a group of believers?

## Workout

2 Timothy 3:16-17; Matthew 6:5-15; 1 Corinthians 12:12-31

## Overtime

“God, thank you for laying out the basics for success in my relationship with You. Help me to set aside time each day to master the basics. In Jesus’ name I pray, amen.”

## Bible Reference:

Hebrews 4:12

2 Timothy 3:16-17

Matthew 6:5-15

1 Corinthians 12:12-31



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