

## **Staying Strong**

### **Ready:**

"I am able to do all things through Him who strengthens me."

-Philippians 4:13

### **Set**

In my opinion, basketball is the best sport in the world. I love the rush of playing it. Now, I'm a post player, so I'm not exactly the smallest person in the world, and the whole conditioning aspect of things during practice is not my favorite. There would be days when coach would say, "Everybody to the baseline," and I would slug over to the line dreading what we were going to have to run.

But here's the thing -- I made it every time. And I'm pretty sure there was one key thing that helped me. I would always say to myself when I didn't think I could make it, "Lord, please help me." Either that, or I would quote Philippians 4:13 in my head. It always helped me make it through, and I know it made me a better player. I truly can do everything He asks me to do when I take on His strength.

### **Go**

1. Are there times when you feel like you can't make it through the day?
2. Have you ever wanted to give up but something made you finish?
3. Do you have a Bible verse on which to fall back?

### **Workout**

Psalm 18:32

Psalm 73:26

### **Bible Reference:**

Philippians 4



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
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