

## **Steadfast**

### **Ready:**

“God, create a clean heart for me and renew a steadfast spirit within me. Restore the joy of your salvation to me, and sustain me by giving me a willing spirit”—Psalm 51:10,12

### **Set**

The locker room is a dark, smelly, unenviable place. On game day, though, it’s a place filled with music, excitement, and an enthusiasm that grows as game time draws closer. In those pre-game moments, you never question that you are going to play your best and win.

A coaching friend once told me: If you can win the first five minutes of the game, it greatly increases the likelihood that you’ll win overall. When our faith first became real, our appreciation for Jesus’ sacrifice never faltered and changed the way we saw everything. But, over time, just as a game progresses, the initial enthusiasm can be hindered by unexpected or disappointing events.

As athletes, our goal is to carry the same passion and enthusiasm we had in the game’s first minutes throughout the entire competition. And sometimes we need to stop, call a time out, and refocus. If you’ve noticed things aren’t the way you hoped they would be in your faith, I encourage you pray Psalm 51 and ask God to cleanse your heart and renew your spirit. Jesus has already won the victory; we are just called to live that victory out each day.

### **Go**

At times when your faith seems to waver, do you stop to pray for renewed, steadfast faith? Why or why not?

### **Workout**

1 Corinthians 15:58; Isaiah 26:3

### **Overtime**

Lord, help me to renew a steadfast spirit in my heart so I never lose sight of Your victory over my sin, the abundant life I can experience today, and my hope for eternity with You. Amen.



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