

## **Step Up**

### **Ready:**

"But you will receive power when the Holy Spirit has come upon you, and you will be My witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth."

-Acts 1:8

### **Set**

I will go on record and say I am not a big Terrell Owens fan. However, what he did in the Super Bowl was quite impressive and worthy of acknowledgement. Though he was hurt and his doctors discouraged him from playing, he knew he had to step up and play to help his team. He did a great job, and I am sure he played through a lot of pain. But he knew he was needed and did what he knew was the right thing for his team.

After Christ ascended to heaven, the disciples knew that everything Jesus had taught them had to be implemented and conveyed to those around them. Imagine their emotional state for a minute. They traveled with Jesus for several years, witnessed many miracles, dined with Him, turned their backs on Him, witnessed His dying on the cross, stood beside Him after He rose again, and then saw Him ascend to heaven after Jesus gave His final instructions. That's one major emotional rollercoaster ride if you ask me. But even though they were taxed mentally, they remained strong spiritually. They knew it was time to step up and carry the Good News to all the world. Christ told them they would be in for tough times, but when they stepped up for Him, they knew they could stand no matter what came their way.

Today, if a teammate playing in front of you goes down, step up. If the head coach gets ill and you are the next coach in charge, step up. If a friend is making poor life choices, step up. No matter what your current situation, God needs you to step up and step out for Him. You WILL face tough times when you step up for Christ. He never promised a bed of roses! But He does promise eternal life when we accept Him as Lord and Savior and live a "stepped-up" life for Him. It's your time ... Step out and step up!

### **Go**

1. When did you have to step up your game in sports?
2. Where do you need to step up for Christ?
3. Today, how can you start to step out and step up for Him?

### **Workout**

Psalm 119:46

I Corinthians 15:58

Ephesians 2:8

### **Bible Reference:**

Ephesians 2



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