

## **The Ultimate Standard**

### **Ready:**

“For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die.” Philippians 1:20

### **Set**

As a coach or an athlete, we face daily expectations and standards for developing a winning program and performing at a high level. In most cases, the bigger the program, the bigger the expectations. Being a student-athlete or a college coach, the pressure may be multiplied due to the demand of those assigned over you. The pressure to meet standards set by our coaches, parents, peers, and colleagues can weigh heavy at times. The fear of disappointment can be a huge obstacle that may hinder decision making capability and performance. Sometimes we place more pressure on ourselves than any outside source.

When faced with the pressure of expectations and standards, you can turn to the One who sets the ultimate standard. Jesus is the perfect standard! Knowing who you are in Christ and developing your relationship with Him, accomplishes the ultimate standard for your life and it helps meet every expectation.

Philippians 4:13 says, “*I can do all things through Christ who strengthens me.*” Christ set a standard for us to live boldly for God on and off the field, unashamed. There is only one standard to live by and that is God’s standard for your life, nothing else can compare.

### **Go**

1. What expectations do you face daily and how do you approach it?
2. How does the example of Christ help you attempt to live for God?
3. How can your life reflect a God standard on and off the field?

### **Workout**

Isaiah 59:17; Galatians 2:20; Galatians 3:29; Philippians 4:13

### **Overtime**

“Thank You, Father, for setting the Ultimate Standard and Jesus being the Perfect Standard. Strengthen us as we press forward to reflect You in our daily lives. Reveal to us how our actions on and off the field can honor You. Help us be bold for You. Amen.”

### **Bible Reference:**

Philippians 1:20

Isaiah 59:17  
Galatians 2:20  
Galatians 3:29  
Philippians 4:13



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