

## **Undivided Attention**

### **Ready:**

*“Teach me Your way, Yahweh, and I will live by Your truth. Give me an undivided mind to fear Your name.” – Psalm 86:11*

### **Set**

As athletes, we know the importance of mental focus, staying in the present and not letting distractions draw us away from the play at hand. Whether it is standing over a four-foot putt to win the U.S. Open, shooting a free throw to tie the game, or reading defenses – all require training and the ability to give our undivided attention to the task at hand. It’s often called, “being in the zone.”

Our relationship with the Lord requires the same type of training and mind-set. Just like our coaches teach us proper techniques, the Lord teaches us through His Word. He will teach us, but we have to be willing to listen and apply the lessons.

An athlete does not become successful by sitting at practice once a week and listening to the coach. It takes daily learning and practice to improve performance. How well would you play in a game if all you did was listen to a podcast from your coach once a week? Isn’t it just as crazy to think that we can have a strong relationship with the Lord simply by attending church on Sunday?

If you are already spending daily time in God’s Word, way to go! If not, are you willing to put in the time to learn His way? God desires so much more for us than what we often want for ourselves. To know Him in a deep and personal way can only come from having a mind focused on Him.

### **Go**

1. What does it mean to have an undivided mind?
2. What does it look like to live according to His way?
3. What are some things you are willing to change in order to spend more time learning God’s Word?

### **Workout**

Psalm 86:1-17

Luke 9:23

2 Timothy 2:4

1 Timothy 4:8

### **Overtime**

*Father, help me to be undivided in my love for You. Amen.*

### **Bible Reference:**

Psalms 86:1-17

Luke 9:23

2 Timothy 2:4

1 Timothy 4:8



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/undivided-attention>