

## **The Unexpected**

### **Ready:**

"All my days were written in Your book and planned before a single one of them began."  
—Psalm 139:16b

### **Set**

As much as we can predict and plan for life, we never know how things are going to play out. We see this all the time in sports. That's probably one of the reasons that sports are so great—they're completely unpredictable.

What a great metaphor for life, too. It's the same way. How many times are we taken by surprise in a day? From little things like unexpected phone calls or traffic jams, to big, life-altering bombshells like deaths and natural disasters. We just never know what's coming.

That is why it's so important to trust the only One who does know what lies ahead and who has planned for it accordingly. Our great and mighty God has ordained each of our days—past, present, and future—and has equipped us to handle every challenge that comes our way. In the familiar verse Jeremiah 29:11 the Lord says, "For I know the plans I have for you . . . plans for your welfare, not for disaster, to give you a future and a hope."

Isn't it a relief to know that no matter what happens today, tomorrow, or even next year, that God already knows about it and has a plan? He knows about your season, your practices, wins and losses. Before the beginning of time He saw your injury, your rehabilitation, your school transfer or the new coach. And when we understand that, we become free to walk in confidence and security knowing that nothing will come our way that, with our Father, we cannot handle.

### **Go**

1. What was something in your sport that took you by surprise recently?
2. How did you react to it? Did you trust God?
3. How can you let the truth of Jeremiah 29:11 provide confidence in God?

### **Workout**

Job 14:5; Proverbs 3:5-6; Romans 15:13

### **Overtime**

Father, thank You for walking before me today. I know that You are a good and faithful God, and that You have a plan for my life. Please help me to trust You today in everything. Help me

to walk in faith and confidence, knowing that You are God. In Jesus' name I pray. Amen.

**Bible Reference:**

Romans 15



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