

## **A Victorious Life**

### **Ready:**

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” -Hebrews 12:11

### **Set**

Whenever I have an upcoming race, especially a marathon, I spend a lot of time training. People often ask me, "Where do you find the time?" But I think the real question on their minds is, "Why are you CHOOSING to spend your time doing that?"

When I began running marathons in 2009 my life and my pursuits were out of balance. I knew the training process would instill characteristics such as discipline, accountability and goal-setting. What I later realized was that running would also allow me plenty of time alone with my thoughts and time alone with God. Now I no longer have to justify my reason for doing marathons. People realize it has changed me for the better. ??

Many people today want results without the work. As athletes and coaches, we know that there are no shortcuts to victory. We can't just hope for it. We can't wish it our way. We have to choose to work for it. And we see this in our lives as Christians as well. Time after time we find that the road to victory is paved with the series of important choices we make every day. Choices like the ones to be in close fellowship with God (Nehemiah 8:10), to take care of our bodies (1 Corinthians 6:19), to use our words wisely (Luke 6:45) and to keep positive material in front of and around us (Philippians 4:8).

A victorious life is intentional. As a Christian athlete, I have implemented steps to help me compete and live for Christ and to stay on the path to victory.

1. Remove yourself from noise and distractions so you can talk to God and hear from Him.
2. Spend time in God's Word, prayer and worship.
3. Evaluate how you are currently spending your time and examine the relationships in your life.
4. If you see areas that need to change, create an action plan. Write down your goals and the steps to achieving each one.
5. Recognize and prepare for obstacles to your goals.
6. Find someone you trust to keep you accountable.
7. Build relationships with people of character who can assist you on your journey such as a mentor, coach or personal trainer.
8. Access inspirational/educational material through the Internet, library, church or gym.

As athletes and coaches, we know what it takes to train. Let that mindset help you as you train for godliness.

### **Go**

1. Do you believe the way you spend all your time matters to God?
2. Are you willing to ask God to show you any areas that require re-evaluating?
3. What is one thing you can do today that will move you closer to your goal?

**Workout** Psalm 139:23 Proverbs 15:22 Proverbs 27:17 1 Timothy 4:8

**Bible Reference:**

Hebrews 12



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