

## What Do You Sow?

### **Ready:**

“... whatever a person sows he will also reap, because the one who sows to his flesh will reap destruction from the flesh, but the one who sows to the Spirit will reap eternal life from the Spirit.” -- Galatians 6:7-8

### **Set**

After injuries to ligaments in both knees cut his 2001 and 2002 seasons short, Oklahoma quarterback Jason White wanted desperately to get back on the field.

White not only got back on the field in 2003, but he also led the Sooners to a 12-1 record and won the Heisman Trophy. When reflecting on the grueling rehab that he had gone through to get to that point, White said, “I’d go through it all again.”

God’s principle of reaping what we sow is often evident in athletics. Those who sow the seeds of hard work and mental preparation will generally reap a harvest of success in competition. Those who sow seeds of physical and mental laziness will reap a harvest of disappointment.

You are going to sow many seeds today, and at some point in the future, you will reap a harvest according to what was sown. The key is to first know what kind of harvest you want to reap and then sow the seeds that will produce it.

I challenge you today to sow seeds in competition and in life that bring glory and honor to God and know that you will be rewarded with a great harvest.

### **Go**

- Are you sowing seeds in your sport that will reap success or disappointment?
- What kind of harvest do you want to reap in life? Are you sowing seeds that will produce it?

### **Workout**

[Proverbs 11:18](#)

[Romans 6:21-22](#)

### **Overtime**

“Father, I want to reap a bountiful harvest, and I know that this will be accomplished only when I give You complete control. May each seed I plant be pleasing to You. Amen.”



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