

## **What Matters Most**

### **Ready:**

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’?The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” — [Mark 12:30-31](#)

### **Set**

Professional athletes and coaches face monumental decisions as they enter their arena of sport. Their choices and decisions can set the trajectory of their careers and their lives. Some set their sights on maximum financial gain, some on ensuring they are on the best winning team, while others may seek more noble pursuits. It all centers on what the coach or athlete considers the highest priority and what they value the most.

The same is true for our lives. What we value as most important determines how we spend our time and resources. It frames our world, guides our decisions and governs our choices. It forces us to prioritize out of the many, so we can accomplish the few that make the greatest impact in achieving our goals.

Athletes juggle academics, training and competing, along with many other outside activities, responsibilities and life choices. Coaches have families to serve, a career that can often be consuming, pressure to win and both internal and external expectations to meet. Balancing these variables can leave us overwhelmed, overworked and overloaded.

The solution to find balance and peace is found in God’s Word. Using the Bible as our guide provides the foundation for setting priorities. It teaches us to put God first in every area of our lives, value relationships over material possessions, and strive for spiritual growth above worldly success.

So how do we set our priorities and our agenda on what’s most important to God in our life and daily routine? Here are a few examples from God’s Word:

- Seek God first in every decision and pursuit. [Matthew 6:33](#).
- Spend time in God’s presence daily. Pray, give thanks, read the Bible and worship. Ask God to help you discern what your priorities should be. [1 Thessalonians 5:16-18](#)
- Surround yourself with other Christ followers – church, small group bible study, fellowship, and discipleship. [Hebrews 10:25](#)
- Serve God by using your gift and talents. [1 Peter 4:10](#)
- Share the Good News with others. [Mark 16:15](#)

Our highest priority and continual mindset is to love God and love others.

## Go

- How are you currently spending your time and resources?
- What adjustments need to be made to align your plans with God's?

## Workout

[Luke 10:38-42](#)

[Colossians 3:2](#)

[Matthew 28:19](#)

## Overtime

“Father, thank you for demonstrating through Jesus’ birth, life, death and resurrection what matters most. Thank you for equipping us with wisdom, discernment and the Holy Spirit to help us prioritize what is truly important to You. In Jesus’ name, amen.”



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