

## **What is Unseen**

### **Ready:**

“Therefore we do not give up. Even though our outer person is being destroyed, our inner person is being renewed day by day. For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” – 2 Corinthians 4:16-18

### **Set**

If you have ever suffered an injury, you know how devastating it is to watch your body go from being able to perform skills to suddenly stopping.

If you have ever had a cast or brace for an extended period, you are shocked at the deterioration of your muscle when the cast is removed. External injury can make you feel insecure about what is seen outside, especially when athletes might pride themselves in their outward appearance or abilities.

While injured, your external abilities might not be working, but have you ever stopped to focus on the internal – what can't be seen? Injury is an opportunity for you to stop and look inward while the outward is healing. While looking inward, what are you seeing? Is your identity wrapped up in playing certain sports, and now that you can't play, you're struggling with who you are? Do you trust that God is walking with you through this hardship? Are you filled with anger against your teammates who are healthy, or are you still pushing your team and cheering them on?

Scripture reminds us that throughout our lives, the outside will deteriorate; the inside, the unseen part of ourselves, can continue to grow.

I challenge you all to stop today and focus less on what's seen on the outside and on what you are producing on the inside. The inside will be what blesses you and those around you.

### **Go**

- What are you producing on the inside?
- When was the last time you stopped and reflected on yourself?
- If you asked those around you, what would they say you bring to their lives?

### **Workout**

1 Samuel 16:7

2 Corinthians 5:17

## **Overtime**

“Lord, You created us and knew all our skills and talents. Guide us to not let those outward skills become our identity. Awaken in us a drive to transform and improve our inward self so that as our outward self dies away, we are still transformed by the work You are doing inside our hearts. Amen.”



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