

When It's All Over

Ready:

“Look I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.” - Isaiah 43:19

Set

During my college basketball days, the grind was constant. Early morning lifts, late-night study sessions, film and scout breakdowns, bus rides, lengthy practices, and pressure—it all demanded focus, energy, and resilience. Every day had a schedule, a scoreboard, and a clear goal. I thought life after sports would slow down. But what I didn't realize then is that the grind doesn't end—it just changes.

Now the demands look different: juggling work expectations, investing in a marriage, keeping up with kids and trying to stay connected to God through it all. There are no timeouts in parenting. No off-season in marriage. And no assistant coaches to carry the weight at work—unless you count the toddler who “helps” by dumping out the laundry you just folded. The structure is gone, but the pressure remains. These days, my “halftime pep talk” takes place in my minivan as I whisper prayers for patience.

That's why Isaiah 43:19 speaks so clearly into this season: “Look, I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.”

This verse is a reminder that even when we feel overwhelmed, dry, or directionless, God is not distant—He's active. He is doing something new, even when we can't see it yet.

Parenthood, careers, marriage, friendships—all come with their own version of 6 a.m. practices and post-game disappointments. The emotional exhaustion, the unseen effort, the desire to make every possession (or moment) count—it's all still there. But so is God. He's still making a way.

As athletes, we learned to push through pain, stay disciplined, and trust the process. Now, we're invited to trust the God of the process. The challenge is learning to stay spiritually alert. “Do you not see it?” Sometimes we're so focused on surviving our schedule that we miss the quiet, powerful work God is doing in us and through us.

Go

- What keeps you from noticing the new things God might be doing in your life right now, especially during tough or uncertain seasons?
- How can you become more spiritually alert, like you would be mentally locked in during

a game?

- Where do you need to shift from self-reliance to dependence on God's strength?
- What "wilderness" season are you facing right now (in your sport, relationships, or life after sports), and how can you begin to look for signs of the "new thing" He's doing?

Workout

Proverbs 3:5-6

Romans 12:2

2 Corinthians 5:17

Overtime

"Heavenly Father, thank You for being present in every season of our lives—the structured grind of competition and the unpredictable chaos of life after sports. Help us to trust that You are still making a way, even when we feel overwhelmed or unseen. Open our eyes to recognize the new work You're doing in and through us. Give us the strength to stay spiritually alert, and the faith to trust the process when the path isn't clear. We surrender our efforts to You, knowing You are faithful to refresh and renew us. Amen."



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