

Where is Your Focus?

Ready:

“Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hindrance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus.” -- Hebrews 12:1-2a

Set

The 2004 volleyball season was my toughest as a coach. In just the first month, I dealt with gym floor repairs, having items stolen out of the girls' lockers, bus breakdowns, the first losing season of my career, and much more. It was during this time, though, that I found encouragement from Hebrews by remembering to look around, look down and look up.

Look Around – “*Therefore, since we also have such a large cloud of witnesses surrounding us.*” Imagine standing at midcourt in an arena where every seat is filled with God's people cheering you on. We are not alone.

Look Down – “*let us lay aside every hindrance and the sin that so easily ensnares us.*” The athlete will strip off anything that causes their performance to slack. As God's child, what is causing me to stumble that I should get rid of?

Look Up – “*keeping our eyes on Jesus.*” With every example of how He lived His life, Jesus gives us encouragement to live this life of faith. He is our mentor, the center of our focus.

Endure what is happening in your life by looking around, down and focusing on our Champion, Jesus Christ!

Go

- What things do you need to “lay aside” in your sport and in your life?
- In what ways can you redirect your focus as you compete and in your spiritual walk?

Workout

James 1:12

1 Peter 1:6

Overtime

“Father, thank You for cheering me on. Help me to stay focused on You as I run this race of faith. Amen.”



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