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Why We Practice

Ready:

“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. 26 So I run with purpose in every step. I am not just shadowboxing. 27 I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” -1 Corinthians 9:24-27 (NLT)

Set

Why do you practice? Is there really a purpose in it? The answer is yes.

My baseball coach always asked us a question after we got done practicing: “Why do we practice?” And in typical form, we would all yell, “TO GET BETTER!” But practicing isn’t just for athletes; it’s for Christians, too.

You may be wondering how Christians practice. It’s simple, really, and very similar to academics. In academics, you don’t run after a fly ball or shoot free throws; you study. It’s the same things for Christians. We practice by studying our Bibles and talking to God. The only way we’re going to know what God’s Word really means is to study it. And the only way for us to find out what we need to do after we’ve studied His Word is to ask Him.

In practice, if we cheat ourselves, we don’t get any better. Sometimes, we might even get worse. In our spiritual lives, practice makes us better. Let’s just say that you get your chance to tell a friend about Christ. What are you going to tell him? Are you going to tell him how great God is, what He’s done for you, or about why He died on the cross? What if a friend of yours came to you and asked about God? You may not have all the answers, but at least you’ll have some if you’ve been practicing and working out in your Bible and in prayer.

Today, do as Paul advised in 1 Corinthians 9:27. Beat your body and train hard so you can go out and fulfill God’s command to be witnesses throughout the world.

Go

1. Do you have a daily practice routine for your sport? What about for your faith?
2. Do you read your Bible daily? Do you really study what it says?
3. Do you “pray continually” as it says to do in 1 Thessalonians 5:17?

Workout

1 Thessalonians 5:12-24

James 1:22-25

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