

## **The Word**

### **Ready:**

*"The tempter came to him and said, 'If You are the Son of God, tell these stones to become bread.' Jesus answered, 'It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God'." -Matthew 4:3-4 (NIV)*

### **Set**

Throughout my years of training as a wheelchair athlete, I have found that memorizing and reciting Bible verses helps me in many ways. It helps me to stay focused, to get to sleep and to stay calm in anxious moments.

Prior to a race, I often recite a verse in my mind to calm my heart. I know that God is going with me as I race and that He will give me what I need on that particular day.

One of my strengths as a wheelchair racer is my endurance, but I'm usually slow off the start. I will never forget the time when one of my coaches shouted at me after a race about my slow start. "What were you thinking? Where was your mind, anyway?" she asked.

I didn't tell her that my thoughts were fixed on God and His Word, which gave me power that day. His Word continues to give me that same power every day as I compete and strive to live up to my highest potential.

### **Go**

1. Where is your mind before competition? During competition? After the competition is over?
2. In what way could God's Word play a bigger part in your competition and in your life?
3. What are the distractions in your life that make it difficult for you to focus on His Word?

### **Workout**

Proverbs 30:5; 1 Corinthians 1:25; Ephesians 6:10-18

### **Overtime**

*Father, help me to realize the importance of Your Word. Let my mind retain what I read so that I may carry Your wisdom in my heart and apply it to each new situation.*

*"How can a young man keep his way pure?  
By keeping Your word.*

*I have sought You with all my heart;  
don't let me wander from Your commands.*

*I have treasured Your word in my heart  
so that I may not sin against You.*

*Lord, may You be praised;  
teach me Your statutes”  
(Psalm 119:9-12).*

**Bible Reference:**

Ephesians 6



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