

## **Worship is a Lifestyle**

### **Ready:**

"Therefore, whether you eat or drink, or whatever you do, do everything for God's glory." –1 Corinthians 10:31

### **Set**

When we think of worshiping God, what comes to mind? Praying? Going to church? Singing? Worship includes these things, but encompasses much more.

When I started in professional tennis, I aimlessly played for my own pleasure. Gradually, I realized we are to worship the Lord in everything we do. So how can we worship through sports? Much of the answer lies in our attitude and motivation.

First, we glorify Him simply by doing our best. God is pleased when we make the most of the gifts He has given us. Second, we please Him when we play with an attitude of thanks, joy, and with an awareness of His presence. Third, we glorify God by treating teammates, opponents, and referees with respect. Fourth, when we invest in relationships with other athletes, we glorify God by sharing our faith with them. Fifth, we can glorify God in our sport by enjoying it—taking delight in the things God has given us and acknowledging that He is the source of all joy.

Of course, we will never be able to do this all perfectly. The important thing is to keep trying. In pursuing to live for Christ, we find abundant life, fulfill our purpose, and appropriately respond in thanks for Christ's sacrifice.

### **Go**

1. What is your attitude toward your sport(s), and what is your motivation behind your play?
2. Do you practice and compete with an awareness of God's presence?
3. What attitudes or thoughts can you change to make your play more of an act of worship?

### **Workout**

John 10:10; Romans 12:1; Colossians 3:23-24; Revelation 4:11

### **Overtime**

Lord, thank You for the pleasures of sport and the ability and opportunities You have given me to play. I dedicate my efforts to You, and pray they would be pleasing to You. I pray that they might see You through me. Amen.

### **Bible Reference:**



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