

## What Do You Sow?

n/a

### **Ready:**

*"A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life."* -Galatians 6:7-8 (NIV)

### **Set**

After injuries to ligaments in both knees cut his 2001 and 2002 seasons short, Oklahoma quarterback Jason White wanted desperately to get back on the field with his teammates. "For a while, it didn't seem like it would happen," White said.

White not only got back on the field in 2003, but he also led the Sooners to a 12-1 record and won the Heisman Trophy, the highest honor in college football. When reflecting on the grueling rehab that he had gone through to get to this point, White said, "I'd go through it all again."

God's principle of reaping what we sow is often very evident in athletics. Those who sow the seeds of hard work and mental preparation will generally reap a harvest of success in competition. Those who sow seeds of physical and mental laziness will reap a harvest of disappointment.

There are two main things that we must remember about a harvest. First, the harvest is always in the future. We must sow seeds before we can reap. Second, it is always based upon what was sown. If a farmer sows corn, he will reap a harvest of corn. In Galatians 6:8, Paul states:

*The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.*

You are going to sow many seeds today, and at some point you will reap a harvest according to what was sown. The key is to first know what kind of harvest you want to reap and then sow the seeds that will produce it. I challenge you today to sow seeds in competition and in life that bring glory and honor to God, and know that you will be rewarded with a great harvest.

### **Go**

1. What is the greatest harvest you have ever reaped in athletics?
2. What seeds were sown to bring this harvest?
3. What kind of harvest do you want to reap in life? Are you sowing seeds that will produce it?

### **Workout**

Proverbs 11:18; 22:8; Hosea 10:12-13; Romans 6:21-22

## Overtime

*Father, help me to sow life and not death. I want to reap a good, bountiful harvest, and I know that this will be accomplished only when I allow You to have complete control in my life. I pray that each seed I plant will be pleasing to You.*



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