

## **Practice, Practice!**

n/a

### **Ready:**

“Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.” --Philippians 4:9

### **Set**

We’ve all said it: The secret to success is practice, practice, practice. Sometimes we’ll put the word “perfect” in front of all of those “practices” to nail down an even more effective plan. We all know that without practice we’ll never reach the level of play that we desire.

When I was in high school, I trusted my coaches completely, so I practiced whatever they told me to. I desired success, which helped me to listen to them and heed their advice. In the same way, when we read that Paul urges us to “do what you have learned and received and heard and seen in me,” we would be wise to heed his advice. A quick scan of the context reveals some of what Paul would want us to put into practice:

- Philippians 4:4—We should rejoice in the Lord.
- Philippians 4:5—Our gentleness should be evident (*NIV*).
- Philippians 4:6—We should pray about everything.
- Philippians 4:8—We should think about the good stuff.

As coaches, we could integrate these four ideas daily by rejoicing not just in winning but in practice or tough defeats; leading our players with gentleness as the Lord leads us; praying for our players and for every decision, from game plans to practice sessions; and filling our minds by meditating on God’s goodness and promises.

Only when we put these Christlike attributes into practice with His help will we have the reserves to see the good when difficult circumstances arise. As we do, our faith in Him will be deepened and our Christian lives will become more authentic. In other words, we’ll learn more of what it means to be “real” coaches. We’ll become more like the people that God always intended us to be through Jesus Christ our Lord as we practice, practice, practice with Him!

### **Go**

1. What are the attributes of a “real” coach?
2. How do those characteristics compare with your coaching style?
3. What are some things that you could put into practice with God’s help?

### **Workout**

Psalm 111:1-10  
Philippians 4:1-9  
1 Timothy 4:11-16

## Overtime

*Thank You, Lord, that You hear my prayers and fill me with Your joy and gentleness. I ask for Your wisdom today as I reflect Your glory and grace to each person that You bring across my path. Amen.*



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