

## **Seven Daily Exercises for Coaches**

### **Ready:**

“Let your light shine before men, so that they may see your good works and give glory to your Father in heaven.” — Matthew 5:16

### **Set**

1. Pray. We would not let even one day go by without discussing strategies, plays, tips for improvement, or game plans with our players and staff. We must adopt the same attitude toward our prayer life and not approach any decision, day, or activity without first seeking God.
2. Read the Bible. Coaches expect players to be prepared for any situation that may confront them during the game. God expects the same of us. He wants us to read our “playbooks” daily so that we are equipped to play the game of life.
3. Encourage someone daily. Let’s begin each day by searching for that one player, coach, coworker, or friend who needs encouragement. Extend a word of kindness, lend a listening ear, offer advice from God’s Word, or give testimony to the Lord’s faithfulness. We will receive a wonderful blessing in return.
4. Step back and look at the big picture. In the busy world of coaching, particularly during intense preparation, we get caught up in trivial matters that cloud the “big picture.” We need to remember that the main reason we are on this earth is to glorify God and witness to others.
5. Remember your influence. As coaches, we have the opportunity to influence our players in ways beyond the scope of our imaginations. We must focus daily on allowing our influence to have a lasting impact that is pleasing to God. We want our players to remember us not only as good coaches, but as good Christians.
6. Reflect. We need to take at least five minutes at the end of each day to reflect, to focus on God’s goodness and blessings; to ask forgiveness for sins committed and Christian actions omitted, and to renew our commitment to serve God.
7. Praise God. We must never let a day go by without praising the One who allowed us to make it through another day. End every day by worshipping God and thanking Him for His goodness. How can you strengthen your daily walk with the Lord?

### **Go**

1. Of the seven exercises, which one are you weakest?
2. What practical things can you do to grown in this area?

3. Is there anyone you can ask to help you stay accountable in this area?

### **Workout**

John 15:1–11; Ephesians 5:10–20

### **Overtime**

God, please help me to perform these exercises every day so I can have a closer walk with You and be a positive influence on others. Amen.

### **Bible Reference:**

Ephesians 5



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