

## **Stronger for Christ**

n/a

### **Ready:**

"I am able to do all things through Him who strengthens me." — Philippians 4:13

### **Set**

As coaches, what do we expect from our athletes if we want to improve their performance? If they are going to be champions in the weight room, we expect them to be torn down. We expect them to push beyond their boundaries. When they do that, their bodies rebuild stronger than before. How do our athletes get faster? We put them on a treadmill, increase the incline, and again push them beyond their boundaries, beyond their comfort zones. Again, when their bodies recover, they are faster. Sometimes the increase is small but they are faster.

We treat leadership the same way. Coaches force athletes to lead. Standing in front of the team and stepping outside their comfort zone is hard for many, but they come back better leaders. Athletes must be torn down, pushed faster, and forced out of their comfort zone to reach their potential.

How about Christian coaches? How do we grow in our faith? How do we become champions for Christ? The same way our athletes grow. As we live our faith, many times we are torn down and pushed beyond our comfort zone. People challenge us. We feel uncomfortable at times; yet, when we come back, our faith is stronger than ever. Many times, the improvement is small, but God knows it is there.

The Bible, the Christian's playbook, has all the answers for coaches. In Philippians 4:13 Paul says, "I am able to do all things through Him who strengthens me." We, too, can do anything through Him. Just like our athletes, we will get stronger each day that we live for the Lord.

### **Go**

1. Are you the coach you want to be?
2. What are the areas in your life where you can "step up to the plate" to be a more Christ-like coach?
3. What is preventing you from being that coach?

### **Workout**

Extra Reading: 2 Corinthians 12:9–10; Ephesians 3:16–19

### **Overtime**

Lord, help me demand of myself just what I demand of my players. May my increased efforts glorify You. Amen.



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