

## Heart Check

n/a

### **Ready:**

"Don't work only while being watched, in order to please men, but as slaves of Christ, do God's will from your heart." –Ephesians 6:6

### **Set**

Here's a heart check—do we do what pleases our coaches all the time or only when they are watching? Do we do the right thing just to win their favor or because it's right? In Ephesians 6:6, Paul was rather direct with the people of Ephesus about their work ethic.

I often watch teams closely during practice and as they warm up prior to competitions. I see players who give a great effort when the coach is watching, but as soon as the coach's head is turned, some of those players immediately start cutting corners and cheating on drills. Their hearts are not fully with their coaches or their teammates. They fail the heart check.

Our challenge is to give the same effort when no one is watching as we do when the head coach is right beside us. That is called integrity. A whole heart will lead us to do the right thing whether anyone is watching or not.

As we prepare to compete, let's give a whole-hearted effort to the pursuit of a great team victory. When we compete with integrity we don't have to waste time looking over our shoulders.

### **Go**

1. Do you do what pleases your coaches all the time or only when they are watching?
2. Do you do the right thing just to win their favor or because it's right?
3. How about some of your teammates?
4. How would an attitude of integrity change you?

### **Workout**

Psalms 33:13-15; 143:10; 145:18

### **Overtime**

Father, forgive me for cutting corners when I thought no one was looking. I want to be a person of integrity. Help me be obedient to You and walk above reproach on and off the field.

Help me give 100 percent all of the time. Amen.

**Bible Reference:**

Ephesians 6



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