

## **Source of My Strength**

n/a

### **Ready:**

"My flesh and my heart may fail,  
but God is the strength of my heart,  
my portion forever." –Psalm 73:26

### **Set**

We can all recall a time when we've competed to the point of total exhaustion, our bodies, minds, and souls fully spent in pursuit of a victory. How does one continue to compete at the point of physical breakdown and total collapse?

The writer of this psalm knew what it was for his flesh and heart to fail. He had totally exhausted the capacity of his body to fight, but had lived on. He had been to the very end of his heart's ability to love, but found renewed strength of soul.

At the end of a body's natural ability to compete, God is a limitless source of strength. When our hearts are poured out like much water, God is a river of life to the soul.

As we compete, we must not simply rely on the power of the flesh to carry us, but look to God as a continual source of power and strength. His wisdom and joy will carry us through the momentum shifts of the sport. We can compete with great strength and passion.

### **Go**

1. Have you competed to the point of total exhaustion?
2. How does one continue to compete at the point of physical breakdown and total collapse?
3. How does God strengthen you in such moments?

### **Workout**

Psalm 84:2

### **Overtime**

Lord, help me rely on Your strength on and off the field. When I feel like I can go no farther, please comfort me and let me feel You carry me. Thank You for never leaving or forsaking me. Amen.

### **Bible Reference:**

Psalms 84



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