

## **Improve Daily**

### **Ready:**

Brothers, I do not consider myself to have taken hold of it. But one thing I do: forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God's heavenly call in Christ Jesus.—Philippians 3:13-14

### **Set**

Athletes must strive to get better every day. No matter how talented we are, there is always room for improvement. We may be the best in our school or sport, but if we get satisfied, we will not become all God wants us to be.

I believe there are three things we need to do every day: (1) Have a good attitude—no matter the circumstances. In sports, things sometimes get tough and go wrong. If I let the tough times get me down, I will not accomplish my dreams. We should all have the attitude of Jesus—perfect all the time. (2) Have an open mind! We should never stop learning, no matter how long we've played the game. The Bible tells us to be transformed by the renewing of our mind. (3) Have Jesus in my heart! Athletes are described by their hearts. Do I play with heart or no heart? Have a “heart of a champion” and have Jesus in it!

I told my son these three things the first day he got on the bus for school. He is now an adult, an athlete and loves to play. I pray that he will live the words that I have spoken to him all these years. If he does, he will improve every day and become all God wants him to be.

### **Go**

1. What obstacles keep you from improving and growing in your sport?
2. How does this influence your goals & accomplishments?
3. Does the way you think need to change and if so, how?

### **Workout**

Matthew 22:37; Romans 12:2; Ephesians 4:2-24

### **Overtime**

God, I know that I need to improve daily if I am going to be what You want me to be. Help me to have the right attitude, an open mind, and to keep You in my heart. Amen.

### **Bible Reference:**

Philippians 3



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