

## **Don't Stop Believing**

### **Ready:**

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom should I be afraid?—Psalm 27:1

### **Set**

In sports, every time we compete there's the possibility of defeat as well as the opportunity for victory. So much would be lost in this world if throughout history, people had succumbed to their fear of defeat and not fought for what they believed. Yet the possibility of defeat often keeps us from fighting, from moving toward what we desire and believe.

In the Bible, we see what would be lost had Noah, Moses, Joshua, Job, Joseph, David, Daniel, and many others let the fear of defeat keep them from fighting. Generations were saved and lives changed because these people made God their stronghold, their light, and salvation. They had defeats and fears just as we do; and just like them, we have the Lord. The God who put the rainbow in the sky, parted the Red Sea, defeated armies, established nations, shut lions' mouths, used a stone to bring down a giant, and raised Jesus from death on a cross—that same God is the one who wants to live in us. We can echo the cries and prayers of David that there is nothing to fear because the Lord is on our side. In fact the Lord cares more about our lives than we do. So don't stop fighting—don't stop believing!

### **Go**

1. Can you think of a time when you feared defeat, but you fought anyway and won?
2. Where do you fear defeat today? In your sport, on your team, in your life or job?
3. What examples in your life can you remind yourself of where God provided?

### **Workout**

Extra Reading: Psalm 40:1-5; Daniel 6:16-23; Mark 11:24; Hebrews 11

### **Overtime**

God, You have shown me many times in my own life and in the lives of many throughout history that You are capable of overcoming any obstacle, even death. I don't want to miss an opportunity to overcome because I am afraid. Help me to believe! Amen.

### **Bible Reference:**

Hebrews 11



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