

## **See the Light**

n/a

### **Ready:**

Buy—and do not sell—truth, wisdom, instruction, and understanding.—Proverbs 23:23

### **Set**

When I played football as an 8 year old, I remember parents pulling their cars up and shining their lights on the field when practice ran late. As players, we saw the light.

As athletes we need to SEE the light. SEE stands for Sleep, Eat, and Exercise. This kind of light deals with our God-created bodies. Many competitors train hard on the field, but not off it. As true competitors, we need to get enough sleep, eat right, and exercise properly. These three physical anchors are extremely important.

When trying to SEE the light, we need to ask:

“How much sleep do I need?” Since the physical affects the spiritual and emotional, if we do not sleep, other areas of life will suffer. When we are tired, we cannot be the athletes God desires.

“Do I eat food as fuel?” I love food, but must remember that God not only created food to enjoy, but to fuel the body. I won’t put bad fuel in my car—why would I put bad fuel in my body? The Competitor’s Creed states, “My body is the temple of Jesus Christ. I protect it from within and without. Nothing enters my body that does not honor the Living God.”

“Does exercise ever become easy?” I love it when people tell me that it’s “easy” for me to stay fit. I would like to take them on my daily four-mile run! Exercise is tough. God wants us to keep our “engines” tuned up at all times.

Let’s glorify God by putting these three physical anchors into place.

### **Go**

1. Which anchor is toughest for you?
2. What does it mean to honor the Lord with your body?
3. What is one thing that prevents you from “SEEing” the light?

### **Workout**

Extra Reading: Proverbs 3:23-24; 1 Corinthians 6:19-20; 1 Timothy 4:7-8

### **Overtime**

Jesus, I realize that You created and crafted me. Help me to sleep, eat, and exercise right.  
Put people in my life who can help me. May You be lifted up through my physical life. Amen.



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