

First Things First

Ready:

Now the end of all things is near; therefore, be serious and disciplined for prayer. Above all, maintain an intense love for each other, since love covers a multitude of sins.

1 Peter 4:7-8

Set

Part of the challenge in life is it is so daily. As a competitor, it is a battle not to treat today's practice as just one more in what feels like an endless amount. It seems the only competitors who really value each workout are those who realize there isn't an infinite amount: those returning from injury, at the end of their final season or especially those who have been told they do not have long to live. These individuals truly make each day count.

A valuable exercise is to write your own obituary. Or picture the final game of your final season, and you are asked to thank your teammates and coaches. This helps you begin with the end in mind. What would you do if you knew the end was near? The Bible tells us that the end is near, and we must do two things: be prayerful and loving toward each other. In fact, Jesus knew His death was imminent and what did He do—He prayed and His request of the Father was that His followers would be united in love (John 17).

If today were your last, you would likely be in prayer, and you would not hold back speaking and showing love to those around you. Be a leader. Your teammates and coaches will gain the courage to follow your example. What are you waiting for?

Go

1. If you knew today's workout was your last, how would you treat it differently?
2. Do you have an appreciation for your coaches that you have never shared?
3. How will you ask the Lord to show you how you can be more loving toward your teammates?

Workout

Psalm 133:1, John 17:11,20, 1 Thessalonians 5:16-18

Overtime

Lord, forgive me for taking things for granted. I want to make today count. Please teach me to

pray and help me demonstrate Your love for others. Amen.



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