

## **Private Preparation Precedes Public Performance**

### **Ready:**

"After dismissing the crowds, He went up on the mountain by Himself to pray. When evening came, He was there alone." — Matthew 14:23

### **Set**

We live in a performance-driven, presentation-focused, and public-image world. In the sporting world, much emphasis is put on game time. "How do I look?" and "How will I perform?" are questions in the forefront of our minds. We are thinking, lights, camera, action! In athletics, this drive is magnified. We are drawn more to the presentation than we are to the preparation. The reality is that what we do in private affects what we do in public.

Jesus was the ultimate public figure, yet He focused His energy on His private preparation. Every chance He got, Jesus spent quality time in prayer and devotion to His Father. He pushed away from the crowds, away from the public eye, away from the demands of His day, and got alone with God. His disciples made the connection when they asked Him to teach them to pray. While they saw His public performance of preaching, teaching, ministering to the needy, and performing miracles, their only request was, "Lord, teach us to pray." Jesus' private preparation guaranteed the success of His public performance.

As coaches & athletes, our private time is more important than what happens in the public eye. Time with Him helps during game time. Let's make it our business to spend consistent time with the Lord.

### **Go**

1. Do I have a consistent time in prayer, meditation, and in God's Word?
2. Have I made the connection between my quiet time and my athletic time?
3. Have I allowed the demands of my life to make me too busy to spend time with God?

### **Workout**

Psalms 5:3; 55:17; 63:1; Proverbs 8:17

### **Overtime**

Lord, forgive me for not spending quality time with You. Help me keep my priorities straight. Thank You for the invitation and opportunity to fellowship with You. I promise to glorify You in everything I do because You have made this day possible, and everything I do is because of You. Amen.

### **Bible Reference:**

Matthew 14



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