

## **The Off Season**

### **Ready:**

"Proclaim the message; persist in it whether convenient or not; rebuke, correct, and encourage with great patience and teaching." — 2 Timothy 4:2

### **Set**

The goal of every coach is to have an outstanding team, but a winning team must train at all times, in season and out, even when it is inconvenient. A coach knows that training during the off season is just as important as training in season. A good team is comprised of athletes who are in shape, well trained, and in tune with the other players. Every coach knows that if a player is out of shape, hard workouts will cause injury and a severe loss for the team. That's why there can be no slacking off between seasons. Even the best players have to practice year round.

The same principle holds true in our spiritual lives as well. We have to be prepared for the game of life whether we are coaching or not. On and off the court or field, our lives have to line up. To be prepared we must come up with the right game plan for training. We must persist in whatever we do, even when it is not convenient.

We train spiritually by guarding our hearts against sinful desires and replenishing them from the Word. We keep our minds in shape through constant focus and discipline. All our strength comes from God, so as we train ourselves under His coaching, we will be better equipped and stronger for whatever lies ahead.

### **Go**

1. What can you do to train better spiritually? Is there anyone in your life whom you can train with?
2. What effects do you think enhanced training will produce in your life?
3. Come up with a game plan on how you can daily train and prepare yourself.

### **Workout**

Extra Reading: Matthew 24:44; Ephesians 6:10–18; 1 Timothy 4:7–8; 2 Timothy 3:15–17

### **Overtime**

Father, I ask You to show me the ways that I can better be prepared for doing Your work. Help me seek You with my full heart, 100 percent of the time. I want to grow in Your Word even when I think I am too busy. Help me to give my best in season and out of season. Amen.



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