

## **Go for the Goal**

### **Ready:**

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

-Philippians 3:13b-14

### **Set**

What are athletes without goals? Goals are obstacles that help us reach higher levels of ability. In Philippians 3:14, Paul says we should keep running for the goal God has for us. In doing this, we all have to lean on the Lord to know where we are going.

As an athlete, two elements are important when trying to reach our goals: focus and perseverance. Focus is "a state or condition permitting clear perception or understanding." Focus has to be steered in the right direction in order for you to reach your goal and, above all, God's will for your life. The second element, perseverance, is what I like to call "the ability to not quit, and to keep on going with a greater drive than you think you have." Perseverance is often a sown seed. As Paul states later, "If you don't give up you will reap a harvest in God's timing." In action, perseverance gives life to character; character to hope and hope in Christ.

In sports, athletes mess up, hit hurdles, miskick the ball, overshoot the goal, fall down, etc. I've seen many athletes get their minds stuck on that one error and not let it go! This drives me crazy. You can't keep dwelling on the bad plays, or they will keep replaying in your mind until all you will see is that bad play.

So, today, when you feel like the devil is getting that foothold and trying to pull you down with your attitude so that you can't glorify Christ, just remember to fix your eyes on Jesus, your audience of One, who doesn't care if you mess up as long as you give your all for Him. Don't forget what God said, that He is doing a new thing, making all things new! Look forward at your goal, forget past mistakes and look for a new opportunity to come to you. When it does, you'll be game ready for Christ's glory.

### **Go**

1. How can you focus on Christ today in your sport and in your training?
2. What will it take for you to forget past mistakes and keep going for a greater goal?
3. How are you going to react next time you mess up, when your attitude gets down?
4. What do you need to do to reach your goal and reap the harvest God has planned for you?

### **Workout**

Matthew 14:22-36

Romans 5:3-5

Philippians 3:10-14

**Bible Reference:**

Philippians 3



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