

## **GPS: God's Positioning System**

### **Ready:**

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. - John 15:4

### **Set**

Many endurance athletes depend on GPS devices to provide feedback on how they are progressing. A GPS monitors variables such as pace, heart rate, time, elevation and distance. Athletes rely on this important data to keep them on track in meeting their athletic goals.

At times, however, the GPS does not receive a clear satellite signal due to interference, low power or obstacles that may be in the way. Sometimes on very cloudy days or when near tall buildings or mountains the signal is broken or interrupted. If a clear signal is not achieved, the GPS cannot do what it is designed to do and can prevent the athlete from achieving their goals. A clear satellite connection is needed to get the information required in order to be successful.

This principal also applies to our spiritual life. To succeed as a Christ follower we need to hear clearly from God through His Word. Interference in the form of other priorities, lack of energy, distractions or obstacles can get in the way from us hearing His voice and doing His will.

In John chapter 15, Jesus uses the word remain 11 times to describe how we are to stay connected to Him. Staying connected to God with a "clear signal" determines our spiritual pace, heart rate, time, elevation and distance. To be useful to God, to bear fruit that lasts, we must stay connected to Him.

To realize our spiritual goals, our God given purpose and design, we must constantly seek Him. Every day we need to be still and eliminate all the distractions and interferences in order to clearly hear His voice. We stay connected to God by spending time with Him in His Word and in prayer. Consider God's Word as your "GPS", God's Positioning System. It will provide the feedback you need to keep you on track spiritually.

As a Christian, our spiritual health is the most important health dimension in our life. All other health attributes hinge on our spiritual health and staying connected to God. So don't lace up those running shoes or start your day without pulling out your fully powered GPS!

### **Go**

1. As an athlete or coach, what obstacles or interferences are preventing you from receiving a clear signal from God?
2. Are you connecting with God daily through His Word and prayer so you can sense how

- he wants to use you to influence and impact your team and athletes around you?
3. What changes do you need to make in your life and daily routine to “remain” in Him?
  4. Thank God for equipping us with His Holy Spirit to receive a clear signal from him.

## **Workout**

John 15:1-17, 1 Thessalonians 5:16-18, Colossians 2:19

**Overtime** Father, thank you for allowing us to stay connected with you through your Son, Jesus Christ. Thank you for the powerful work of your Holy Spirit that enables and equips us to bear fruit for you as we remain in you. Thank you for reminding us that apart from you we can do nothing. Thank you that when we turn to you we always have a clear signal and a connection that is never lost. Help us to hear from you so that we can make an impact for Christ in the lives of our fellow athletes and coaches. In Jesus name, Amen!

### **Bible Reference:**

John 15:4

John 15:1-17

Colossians 2:19

1 Thessalonians 5:16-18



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