

## **Fun Factor (Adapted from WisdomWalks Sports)**

### **Ready:**

“You love Him, though you have not seen Him. And though not seeing Him now, you believe in Him and rejoice with inexpressible and glorious joy.” – 1 Peter 1:8

### **Set**

When I coach lacrosse, I love making practice fun. Instead of running sprints at the end, I take a football out of my bag and split the boys into teams. They run fast and work hard, but they also have fun. According to youth sports surveys, the number one reason kids quit sports is because it’s not fun anymore. Baseball all-star Ken Griffey Jr. once said, “When you have fun, it changes all the pressure to pleasure.”

**Did you know the word “fun” is never mentioned in the Bible?** That’s because God gives us something better—joy! Joy is the deep feeling of great pleasure, satisfaction, and happiness regardless of circumstances. It is something we experience on the inside that overflows to the outside.

**The Christian life can feel like competitive sports.** Sometimes being a Christian is hard, and many want to quit. Find joy in living the Christian life. Approach your devotions with delight, not with dread.

**The Fun Factor is this: If it’s fun, it gets done!** I’m more likely to stick with something if it’s fun, and others are more likely to join in if they perceive that what you’re doing is fun! Ask God to help you experience joy in your daily walk with Him.

Our joy should overflow into everything we do—on the field, in the locker room, in the classroom, and at home. Allow God to fill you with overflowing joy!

### **Go**

1. Would you describe your relationship with Christ as being fun or joyful?
2. Describe a challenge you faced that you were able to experience joy as you pushed through it.

### **Workout**

- 3 John 1:4
- James 1:2

### **Overtime**

Father, thank You for being a God of joy! Please bring me joy as I seek You and spend time in Your Word. Let my joy overflow to others! Amen.

**Bible Reference:**

3 John 1:4

James 1:2



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