

Heart Check

Ready:

“As water reflects the face, so the heart reflects the person.” – Proverbs 27:19

Set

My favorite question to ask coaches and athletes is a simple one. But the answers I receive speak volumes to where their hearts and relationships with Jesus are at that particular time in their lives.

“Who is Jesus Christ to you today?” Your answer to that question can reveal much about your heart and your overall spiritual health today. Is Jesus your Savior? Is He your Lord, Protector, and Shepherd? In difficult times, He is your Anchor; when you’re injured, He is your Healer; and when you’re afraid, He is your Comforter. When you feel alone, He is your Friend; when you question, he is your Answer; when you are thirsty, He is your Living Water.

As a coach, I often rely on myself to call the right play, select the best draft pick, or make the perfect substitution. Leaning on Jesus when times get tough involve turning over the decisions to Him—to submit my heart to Him and trust that He has my best interests in mind. Our Savior wants our complete hearts, and He wants to be involved in all that we do each day. *“...Think about Him in all your ways, and He will guide you on the right paths”* (Proverbs 3:5–6).

Do you need a healer, a forgiver, a protector, a friend, or a Savior? Set your eyes firmly on Jesus, as He meets you right where you are and gives you just what you need when you need it.

Go

1. How has your relationship with Jesus changed during the past couple of months? Years?
2. Who is Jesus Christ to you today?
3. How can you share who Jesus is with a coach or teammate who needs encouragement right now?

Workout

Hebrews 12:2

Psalms 18:2

John 6:35

John 7:37–39

Psalm 28:7

Overtime

Psalm 23

Dear Lord, thank You for being my Protector, Comforter, and Savior. Please give me the courage to share my faith confidently with friends, family, and teammates who do not know You. Amen

Bible Reference:

Hebrews 12:2

Psalms 18:2

John 6:35

John 7:37-39

Psalms 28:7



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/devotional/heart-check-0>