

## **Sweaty Worship**

### **Ready:**

*“And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.” – Colossians 3:17*

### **Set**

In the midst of a workout, athletes need to be focused on the task at hand and complete it with intensity. Sometimes it can be difficult to focus on God when we are in the heat of a game. Many times, I find myself losing focus of God and channeling all of my thoughts and effort towards my performance. At the end of games or practices, sometimes I feel guilty for not giving God the glory He deserves and instead, focusing on my personal performance.

God has blessed each and every one of us with certain talents and gifts that He desires for us to use to glorify Him. Worshipping God should not take place only at church on Sunday morning. We can use the athletic talents God has given us to bring Him glory and praise on the field. The thought that we can worship our Heavenly Father through our athletic performance revolutionized the way I compete.

By focusing our attention and efforts on God throughout our workouts, it is easier to remember that we are playing for an audience of one. When we can compete with an understanding that our hard work is viewed as worship in God’s eyes, the drudgery of workouts suddenly becomes more enjoyable.

Just as it takes time to train physically to become a great competitor, it will take time to train your mind to view your performance as worship. Don’t be discouraged if you find it difficult to focus on God all the time, it takes practice!

### **Go**

1. Do you find it hard to give God glory during your performances?
2. Have you ever experienced a moment of worship while competing?

### **Workout**

1 Corinthians 10:31

1 Corinthians 6:20

Romans 12:1-2

### **Overtime**

*Father, teach me to use the talents and gifts You have blessed me with to bring You glory and praise on and off the athletic field. Amen.*

**Bible Reference:**

1 Corinthians 10:31

1 Corinthians 6:20

Romans 12:1-2



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