

## **What's Next**

### **Ready:**

*“Rejoice always! Pray constantly. Give thanks in everything, for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:16-18*

### **Set**

As coaches and athletes, we can get so caught up in what’s next. It’s the reason we have no off-season any more. Off-season workouts are really just preparing us for what is next: what’s next in our season, what’s next in our sport, or what’s next in our life. We can become so anxious about the future that we have a hard time enjoying the present.

Our worries, fears, and anxieties about “what’s next” can paralyze us into focusing on what is going to happen tomorrow that we miss everything God wants to teach us today. This is why Paul says in 1 Thessalonians 5:16-18, *“Rejoice always! Pray constantly. Give thanks in everything, for this is God’s will for you in Christ Jesus.”*

We don’t have to worry about the next opponent; God is already there. We don’t have to stress about the next coaching job; God is already there. We just have to be joyful, pray, and be thankful today, exactly where God has us.

### **Go**

1. What part of the future makes you anxious or fearful?
2. How does focusing on the “what’s next” steal your joy for the “what’s now”?
3. 1 Thessalonians 5:16-18 says you have to do three things each day to make sure you are in the will of God. What is the hardest and what is the easiest for you?

### **Workout**

Matthew 6:33

Matthew 6:25-34

Jeremiah 29:11

### **Overtime**

*Heavenly Father, thank You that we don't have to fear the future, but can find joy in the present. Lord, help me to lay down fears, worries, and anxieties at Your feet because You care for me. Help me be joyful, pray continually, and give You thanks each day so I know I am in your will. Amen.*

**Bible Reference:**

Matthew 6:33

Matthew 6:25-34

Jeremiah 29:11



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