

## **The Lows of Life**

### **Ready:**

“Be strong and courageous; don’t be terrified or afraid of them. For it is the Lord your God who goes with you; He will not leave you or forsake you.” - Deuteronomy 31:6

### **Set**

Every athlete goes through a time when it’s just not happening for them. For a basketball player, it could be that her shot isn’t falling. For a discus thrower, his release is off. For a baseball player, their batting average is suffering. No matter the sport, if played for any length of time, there will be low points or low seasons when things aren’t going smoothly. And it can be in these seasons when we feel isolated and lose sight on the bigger picture. But rest assured, we aren’t the only ones who have experienced a slump in life.

Did you realize that King David, a man after God’s own heart (1 Samuel 13:14), experienced a low point in His relationship with God. God had empowered David to defeat Goliath, win numerous victories in battle and become the first great human king over Israel. But there were also times when David didn’t feel God’s presence, when it just wasn’t happening for him. Psalms 22 starts, “My God, my God, why have You forsaken me?” It’s the same heart cry of Jesus as He hung on the cross. Even David, the chosen one of God, was feeling isolated and far from God.

As Christians, we all go through it at some point. A prayer seems to go nowhere, or our quiet times feel dry and fruitless. Our spirit just seems off, and we feel alone. But if we keep reading Psalms 22, we see that David remembers God is always there and will deliver him, regardless of his current circumstances. This same promise is true for us. As Deuteronomy 31 states, God has promised to never leave us or forsake us.

As athletes, we will continue to train to push through our physical slumps. The shots will start falling again, and the release and batting average will improve. As Christians, we are encouraged by turning to the Scriptures, being reminded that God will never abandon us. Low season come and go, but His promises remain true, always.

### **Go**

1. How have you struggled in the past as an athlete? As a Christian?
2. What can you do to keep going, even through the low seasons?
3. How can you encourage others who may be struggling?

### **Workout**

- Psalms 22

- 2 Corinthians 4:17
- Psalm 30:5
- 2 Peter 1:4

**Bible Reference:**

Deuteronomy 31:6

Psalms 22:1-31

1 Samuel 13:14

2 Corinthians 4:17

Psalms 30:5

2 Peter 1:4



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