

## **Inner Drive**

### **Ready:**

*“A man’s heart plans his way, but the LORD determines his steps.” - Proverbs 16:9*

### **Set**

I’ve been a go-getter pretty much my entire life. I’ve endured countless training sessions, burning leg workouts and mental conditioning to place myself in the best lane of my sport. I kick my inner drive into high gear to ensure I not only reach my running goals, but exceed them.

What propels me the most stems from the Spirit. I’ve had a long run in my relationship with Jesus, and He has gone before me in the moments where track came easy to me, and the times I’ve struggled to hold onto His plan for my career. Trusting in God through triumphs and trials has taught me to rest assured that even when the future seems uncertain, taking one step of faith starts me in God’s motion for my life.

I keep Christ at my center, undeterred by the strain of high-level pressure and scrutiny. I’ve had to fully let go and give my life and the outcomes of my races to God. We always have our own idea of how our life is going to go, but letting go and following the Lord’s will is truly the way to freedom in life.

I’ve put in time, sacrifice and effort for more than a decade of training and competition to be able to earn and keep myself at gold medal status, but my faith tops any athletic accolades I receive.

We are all ordinary people with a little extra stashed inside. But it takes the power of our sovereign Lord to help channel that inner drive and be our best for the sake of Christ. Only He can direct us into the design He created for us. We train for eternal gold, a treasure that will last.

What’s your inner drive? What propels you to action, stirs your heart and gets it beating like a racer at the starting block? Seek those answers and work like crazy to develop what God has instilled inside you. Each of us has plenty of opportunities to use what we’ve been given to serve and encourage those around us in need of a touch of God’s light.

I run for a living to bring glory to God. You can bring God glory through whatever you do. Let us fuel our inner drive to race with strength, speed and stamina the course laid before us.

### **Go**

- What comes easy to you in your sport and in your relationship with Christ? What comes

with more difficulty?

- How can you train yourself physically and spiritually to be in peak shape for what God calls you to do?
- In what ways can you develop lasting habits to keep your heart and mind centered on God?

### **Workout**

- Matthew 6:19-21
- 1 Corinthians 9:24-27
- 1 Timothy 4:8

### **Overtime**

Father, You have given me much. And You have charged me with taking care of myself, my talents, and the people around me. Please help me focus on what's important; what will leave an eternal fingerprint. May I train my body, mind and heart to be well conditioned and in peak performance for the race you want me to run. Amen.

### **Bible Reference:**

Matthew 6:19-21

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1 Timothy 4:8



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