

## **Choose Today Whom You'll Serve**

### **Ready:**

“So fear the Lord and serve him wholeheartedly. Put away forever the idols your ancestors worshiped when they lived beyond the Euphrates River and in Egypt. Serve the Lord alone. 15 But if you refuse to serve the Lord, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the Lord.” -? Joshua 24:14

### **Set**

Most athletes that are serious about making it to the elite or next level find they have to make sacrifices. There are only 24 hours in a day. There is school, training, practice, family, friends, jobs, sleep, etc. They all want, need, or pull at those brief hours in the day. The serious athlete begins to limit some things to focus on getting better at their sport. I can remember taking training so serious, that it became like a 9-5 in the off season. I would do my road running in the morning followed by breakfast. I stretched after breakfast and then hit the weights. I would get my protein shake and take a short nap. I would eat lunch then hit baseballs off a tee or long toss. I would drink a small protein shake. Then I would head to my local high school track for sprints/agility work and to run bleachers. I would go home and eat dinner. Only after all of this did I give myself “free time.”

For Christians, there is a similar battle for our time. Joshua took a stand for God. He said “as for me and my house, we will serve the Lord.” There were many distractions for the Israelites and many more for us today. We have constant media at our fingertips. Instead of Bible study, many get caught in a snapchat binge. Instead of morning prayer-time, many sleep in from being up texting too late. Instead of healthy fellowship, many go to parties with friends they should be sharing the Gospel with.

Joshua took a stand and told everyone else to decide whom they would serve. Would they choose the Lord? Would they choose the world, idols, and themselves? We have to ask ourselves the same thing today. Who will we serve? I pray that today you will choose to serve the Lord.

### **Go**

1. What activities are inhibiting my getting closer to God?
2. Am I truly serving the Lord with my life?
3. Can I fast from my cell phone/social media for 40 days?

### **Workout**

- Judges 6:10
- Deuteronomy 10:12
- Romans 12:11

**Bible Reference:**

Deuteronomy 10:12

Romans 12:11



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