

## **Humble Yourself**

### **Ready:**

“Humble yourselves before the Lord, and he will lift you up in honor.” James 4:10

### **Set**

As an athlete at almost any level, we can be tempted to let the satisfaction of winning overcome our ability to remain humble during practices and games. I remember one practice after coming off a win, my coach announced that one of our star players had decided to leave the team. As bewildered as we all were, I remembered that the player had been pulled from the game, and games prior, for playing with a bad attitude – that is, an attitude that reprimanded anyone who lost a point, disregarded plays from the coach, and openly talked trash to the opponents. My coach provided only vague details about why the player left, but he reminded us that being an athlete is more than just winning; it’s about bettering yourself on and off the court.

As Christians, we are made to follow Christ and act in His likeness. That’s someone who can play a game competitively, but also with humility and respect for others. No matter how talented we can be, or how often we win, Jesus taught us to remain humble and kind.

Not to mention, **He** was the ultimate star player and still had the humility and kindness to die for **us**. When we honor and respect our teammates, coaches, and even opponents, winning becomes succeeding.

### **Go**

1. Can you remember a time when you thought or said you were better than someone else? How did it feel?
2. What does humility mean to you?
3. How can you honor God by humbling yourself on and off the court, field or arena?

### **Workout**

Proverbs 11:2; Isaiah 2:12

### **Overtime**

“Lord, thank You for teaching me how to be humble and show kindness to others. Help me to remember that winning isn’t everything, and give me the wisdom to recognize the balance between competitiveness and humility.”

### **Bible Reference:**

James 4:10

Proverbs 11:2

Isaiah 2:12



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