

## **The Starting Line: Power Up**

### **Ready:**

“So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.” Galatians 5:16

### **Set**

Many factors play into the athlete or team’s success during competition. Nutrition, rest, proper attitude and mental focus are invisible factors that determine how we’ll perform. Even though these things are not as visible as fitness or weight training, they play a vital role in being game ready.

During his time on Earth, Jesus taught His disciples how to follow His lead and grow into maturity. But as He prepared to return to heaven, He knew that His followers needed someone else to guide them. The Holy Spirit is the source of power to give us the inner strength, courage, and wisdom to be game ready in our journey of faith. The Holy Spirit is fully God and takes on a unique role in our lives.

We all have times when we feel like we can’t live a Christian life in a world of temptations and distractions. But through the Holy Spirit, we have the power to say no to our wrong desires. The Holy Spirit connects us to God’s desires and guides us through the great adventure God has for us.

Tap into real power as you listen for and accept the Holy Spirit’s direction, encouragement and power.

### **Go**

- What does your daily fitness and nutrition routine look like? In what ways do those things empower you to perform at the highest level?
- What is the Holy Spirit’s role, and why is the Spirit so important?
- What are some characteristics that show up in our lives as we follow the Holy Spirit (Ephesians 5: 22-23)?

### **Workout**

Galatians 5:16-23; John 14:16-18; John 16:7-14; Romans 8:12-15

### **Overtime**

“God, through the Holy Spirit’s guidance, lead me in the right direction, teach me to be more like Jesus, help me to resist temptations and give me boldness to share my faith with others.

In Jesus' name I pray, amen.”

**Bible Reference:**

Galatians 5:16-23

John 14:16-18

John 16:7-14

Romans 8:12-15



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