

## **Unfolding Light**

### **Ready:**

“The teaching of your word gives light, so even the simple can understand. I pant with expectation, longing for your commands.” -- Psalm 119:130-131

### **Set**

As you read your Bible, does God bring things to your mind about situations from your past similar to what you’re reading? Suddenly you see your life laid out in the pages of the Scripture.

This is the power of God’s Word. The teaching of it, the unfolding of its pages gives light, even to simple people of sport like us.

Think about the Scriptures that wet your appetite for more. Having an intense thirst for the Bible is a mark of a growing relationship with the Lord Jesus.

When we join the psalm writer in his panting for God-breathed truth, God will provide soul-satisfying refreshment like cold water at the end of a long, hot, summer workout.

### **Go**

- What are some Scripture passages that resonate strongly with your experiences in sport?
- Upon what parts of your life has God been shining His light recently?
- Which books of the Bible make you hungry for more of God’s truth?

### **Workout**

Psalm 119:11; Psalm 119:32; Psalm 119:105

### **Overtime**

“Father, thank You for shining Your light in my life through the Bible. I am committed to reading Your life-refreshing Word regularly. I hunger and thirst for more of Your truth. I pray and commit in Jesus’ name, Amen.”

### **Bible Reference:**

Psalms 119:130-131

Psalms 119:11

Psalms 119:32

Psalms 119:105



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