

## **Love of Boundaries**

### **Ready:**

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.” – 1 Corinthians 10:13

### **Set**

When you compete in any sport, there are lines that you have to stay within while you play. For football, if you catch a ball out of bounds, the play is rendered incomplete. This helps to protect the players from injuring themselves or others outside the field of play. Boundaries can often feel confining and irritating, but as we grow, we become more aware of how important boundaries can be especially as competitors. Sometimes, too much of something we enjoy or love, can end up holding us back from what God has called us to be and do. This kind of love is known as *eros* love--a love that grows within well-defined boundaries and responsibilities.

Spending a night staying up late watching movies and indulging in junk food every once in a while, can be fun; it's maybe a way to relax or even celebrate. Imagine that if the night before the big game an athlete made the choice to have a late night of movies and junk food? The decision that made the athlete feel good would influence his or her ability and put the rest of the team in jeopardy for a win the next day. There is nothing wrong with enjoying a movie marathon! But when others are depending on you and looking up to you, it isn't wise or Christ-like to put your own personal gratification first. Setting boundaries for ourselves as Christian competitors allows us to become strong athletes and stronger in our faith.

Boundaries keep us safe, encourage us to make Godly choices and help us to become more like the competitors God planned for us to be. God loves you, and He desires you to live a life of joy and blessing. Just like your parents used baby gates to protect you from being hurt, God's Word sets boundaries to protect you from Satan's plots against you. Even when you are tempted to indulge in something you know you shouldn't, be reminded of God's deep love for you.

Be inspired by the fact that His way is always the best way.

### **Go**

- How can you set positive boundaries for yourself as a competitor?
- How does setting boundaries in your everyday life allow you to grow?
- Ask God what boundaries He desires to be apart of your life.

### **Workout**

2 Corinthians 2:11; Psalm 16:5-9; Isaiah 41:10

## Overtime

“Heavenly Father, thank You for Your deep love for me. Forgive me for not appreciating Your loving boundaries for me. I desire to be a stronger athlete and represent You well. Help me to set up boundaries in my daily life that help me to do that. I love You, Lord. In Jesus’ Name I pray. Amen.”

### Bible Reference:

1 Corinthians 10:13

2 Corinthians 2:11

Psalms 16:5-9

Isaiah 41:10



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