

## **Rise with the Redeemer**

### **Ready:**

“He provided redemption for his people; he ordained his covenant forever— holy and awesome is his name.” – Psalm 111:9

### **Set**

The undefeated team is suddenly defeated. The top-ranked relay drops the baton in the exchange zone. The reigning champion is knocked out in the first round of the tournament. The next season comes around and the only thing on the mind: REDEMPTION. We must redeem ourselves. Prove ourselves. Take back the reputation that we lost. This is the world’s lens of redemption.

But Jesus speaks redemption over us in a completely new way. There is no doubt that we experienced a loss in the Garden of Eden. When sin entered the world, death made its entrance too. Along with this separation from God, we began to strive and perform for the glory of humankind rather than the glory of God. This was our attempt at redeeming ourselves. Along the way, shadows of redemption were seen in the constant sacrifices that made the people “clean” before God.

But, remember, Jesus speaks redemption over us in a completely new way. He became the perfect sacrifice to end our striving and performance. He declared, “It is finished” (John 19:30). In Christ, our guilt and shame are covered by His blood and we can walk in freedom. In His resurrection, we are declared victorious and redeemed. As coaches and athletes, we can compete FROM redemption rather than working towards it.

When we can compete from a place of love and security, we can throw off the fear that taunts us. Jesus has put His name on the back of your jersey. He has called you His own and given you a new identity that is no longer based on a win or loss. You no longer have to be tossed back and forth by the waves of performance, statistics and reputation. Jesus has redeemed you to walk in the fullness of His glory.

### **Go**

- When you hear the word “redemption,” what do you think of?
- What is a time that you tried to prove yourself during a practice or competition?
- How does it feel to think about Jesus’ sacrifice as permission to not have to prove yourself? How would you compete differently?

### **Workout**

Isaiah 44:22; Galatians 3:13-14; 1 Corinthians 15:55-57; 2 Corinthians 5:14-15

## Overtime

“Jesus, thank You for the power of Your death and resurrection. You are the Redeemer. You have saved me from the striving, performing, earning and proving. Help me to recognize this freedom each day. Amen.”

### **Bible Reference:**

Psalms 111:9

Isaiah 44:22

Galatians 3:13-14

1 Corinthians 15:55-57

2 Corinthians 5:14-15



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