

## **Strong Finish**

### **Ready:**

“I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.” -- Philippians 3:14

### **Set**

You are so close to the end! As athletes, we have a deep passion for our sport and even a love for long trainings, grueling workouts, tough practices and challenging games. We have an understanding that everything is worth it when we are growing, pushing ourselves beyond our limits and becoming better, stronger athletes. But as we get closer and closer to closing out the season, it can become harder to find joy and strength in those practices and games. Slowly, we become tempted to give less than our all, give in to discouragement and find ourselves lacking the strength and motivation to keep going.

Do not give up and do not give in--finish strong! You have been called to live a life of integrity, endurance and grace on and off your teams. Not only has God called you to live in strength, but you have also been called to finish strong too. Whether the end of your season looks like a victory or not, as a Christian athlete, you can finish strong no matter the circumstance. Do not give in and sacrifice your integrity to score a point. Do not give up and become lazy; find rest in God's Word to endure the next game, next workout or practice. Do not allow the pressure of performance to overcome you and beat you down. Remember God's grace for you; have grace for yourself, your coach and your fellow athletes.

As you look ahead, you might become overwhelmed or tired, but do not allow yourself to become tempted into believing you cannot finish. You may not be able to finish strong by your own will and strength, but with God, you have the power to endure anything that is up ahead.

Let your Heavenly Father be your first source of strength, take time each day to devote yourself to spending time with God. Pray, seek wisdom and lay everything that entangles you or holds you down before Him. God will give you the strength you need not only to endure this season but to press on with integrity, grace and joy in every day. To finish strong is to depend on God and give it your all. To finish in strength is a prize.

### **Go**

- Does your season reflect a strength that is rooted in Christ?
- Are you dedicated to finishing strong? Or, are you giving in?
- How can you intentionally make choices to ensure you finish in strength?

### **Workout**

2 Timothy 4:7; 2 John 1:8; Philippians 1:6

## Overtime

“Heavenly Father, thank You for this season. Forgive me when I am tempted to give up and just get to the end. I desire to finish this season in strength. Help me to find strength from You and focus on the season ahead of me. I love You, Lord, in Jesus’ name I pray, Amen.”

### **Bible Reference:**

Philippians 3:14

2 Timothy 4:7

2 John 1:8

Philippians 1:6



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