

## **Meditate on His Word**

### **Ready:**

“Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.” -- Joshua 1:8

### **Set**

As coaches and athletes, we think deeply about what we do because we know how important it is for success in sports, but it’s even more important for success in our walk with God.

God tells us to “meditate” on Scripture. When we meditate on sports, we tend to observe, analyze, and problem solve, and it should be the same with God’s Word. Just reading the Bible is like watching a game—we’re only observing.

When we look for the meaning behind the content, it’s like checking the film to understand why the outcome happened the way it did—that’s the analysis. And when we use that analysis to determine how we can look more like the best of the best, that’s problem solving—whether we’re fine-tuning a serve to look more like Serena Williams’ or refining an attitude to look more like Jesus’.

### **Go**

- Can you think of a time when you could have improved by reflecting on a past sport experience or observation?
- Have you found yourself just “observing” Scripture before? What kind of difference does it make when you take it a step further and actually meditate on what you read?
- How can you use meditation to become more like Christ in your own life?

### **Workout**

2 Timothy 3:14-17; Psalm 119

### **Overtime**

“Lord, thank You for giving us Your Word so that we can know You and look more like You. I want to not only read what You say, but to meditate on it deeply. So, please help me understand and apply it to my life. Amen.”

### **Bible Reference:**

Joshua 1:8

2 Timothy 3:14-17



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