

## **Trust His Process**

### **Ready:**

“Your word is a lamp for my feet and a light on my path.” -- Psalm 119:105

### **Set**

As an athlete, I am extremely competitive and I want to succeed in everything I do. This drive to succeed made me a successful athlete, and I would work harder and longer than anyone else. If I'm given a defined goal or purpose, then I'll put in everything that's needed to accomplish it. The problem I started to realize was that I wanted control and felt I could control outcomes in my own strength.

Maybe I'm the only one, but I want to know what the future holds. If I know where I'll be in five years, then maybe I can control it more. God had to teach me that He's the One in control, not me. I spent so much wasted time trying to control the future and results. If I'm being honest, I was trying to follow my will for my life and not His.

At times my path seemed so dark that I couldn't see where it was leading to. In my struggle to see in the future, God stopped me. We all want to hold a lamp up high so we can see further, but when you shine a light at your feet, all you can see is the next step. I needed to trust His process, knowing that He will light up the next step for me. It takes faith to know that step will then lead to the next step. As I shifted all my effort to where God had me instead of looking to the future, I started getting better in all of the small things because I knew it was preparing me for whatever God had next.

### **Go**

- Do you struggle giving up control?
- Who is your lamp or guiding light today? Is it God?
- If we aren't in the Word, are we walking around in the dark without anything to light our way?

### **Workout**

Hebrews 4:12; John 1:1-5

### **Overtime**

“God, increase my faith to trust Your will for my life. Amen.”

### **Bible Reference:**

Psalms 119:105

Hebrews 4:12

John 1:1-5



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