

## **You Are Saved**

### **Ready:**

“If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.” -- Romans 10:9-10

### **Set**

We've all messed up on the field or court and felt shame and disappointment. But we've also usually had a teammate who backs us up, gives us a pat on the shoulder and tells us it's okay. Or a coach who has picked us up, covered for us and continued to believe in our abilities. Having someone who comes and covers our mistakes and tells us we're still okay makes all the difference in the world.

Sin slithered its way into the world from the very beginning of time, but God had a plan all along that would involve the greatest rescue and redemption.

God sent His perfect and only son Jesus to walk this earth wrapped in flesh, take on the sin of the world and bridge the gap that sin left between us and our Holy God.

When we choose Jesus, we immediately become free and tucked safely in the strong and eternal arms of our Father. Nothing can snatch us out of His hands.

### **God sent Jesus for us to be saved:**

#### **Through Grace**

There is nothing we can do to earn entrance to heaven. In a try-harder world, our tendency is to work and strive and strain. But God says be still, and believe in the One He sent. Our sin leaves us helpless, but it's because of Jesus' sacrifice that we are reconciled to God. God, in His infinite care, wisdom and grace, has given us salvation as a gift. It's free to us, but It cost Him everything to give His Son. We can receive, believe and rest in His love that He has lavished on us.

#### **For Good**

God has good things in store through our personal relationship with Christ. And within the fruit of the Holy Spirit, we have peace, patience, gentleness and goodness, among others. God is a good Father, and He has good things in store for His children. In His presence is our peace, and He is after our hearts. God desires relationship with us; He desires us to be near to Him and come to Him with all our needs. He will supply everything we need, everything that He knows is good for us.

### **To Grow**

Every good relationship involves growth. Intimacy brings people closer together, in vulnerability, trust and acceptance. Through relationship with Jesus, we learn what it's like to be close to Him, what His heart beats for, and to live our lives to mimic His. God ultimately wants to shape us into the image of His Son, and by leaning into His Word, connecting with Him through prayer and surrounding ourselves with people who will build us up in Christ, we strengthen our spiritual muscles to learn and grow closer to God's heart.

Lift your eyes and fix your gaze on Jesus—He came for you. He redeemed you. You are forgiven. You are saved.

### **Go**

- Have you accepted the saving work of Jesus' death on the cross and resurrection?
- If not, take a minute to pray to God, thanking Him for His gift of eternal life through Jesus and accepting Jesus' invitation to take Him as your Lord and Savior.
- How can you share this amazing gift with your team, friends and family?

### **Workout**

1 Corinthians 2:9; Ephesians 2:8-9; Philippians 1:9

### **Overtime**

“Oh God, thank You for loving me so much that You already had a rescue plan in place through Jesus. Thank You for the life He lived and death He died to save me from the sin that has kept me down. Let my life reflect this beautiful truth and bring glory and honor to You. In Jesus' name, amen.”



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