

Don't Get Mad, Don't Get Even

Ready:

“Not paying back evil for evil or insult for insult but, on the contrary, giving a blessing, since you were called for this, so that you can inherit a blessing.” -- 1 Peter 3:9

Set

In sports, we see things that seem unjust or wrong. Opponents cheat to get an advantage. Officials make wrong or unfair calls. Teammates may be disloyal or try to get an advantage over us. Coaches may be unfair or play favorites.

All of these situations can make us angry or frustrated and want to “get back.” It’s a natural feeling, but one God wants us to overcome. The Bible tells us to love our enemies and do good to them.

It tells us to forgive as we have been forgiven in Christ. It tells us God will make it all right, God will punish the wrongs done by people in this world. That includes the wrong we do ourselves.

In the world, we see many wicked things done. We can and should be angry to see that. We should pray for those who suffer as a result. But don’t forget, we ourselves are sinners, too. Theologian Amy Orr-Ewing reminds us to cling to the person who has paid the price for all those sins, ours and the world’s.

That person is Jesus. And only by turning to Him, can we be made right for our sins. His sacrifice on the cross is enough for the whole world of wickedness we see. God will make it right in the end.

Go

- Have you ever seen an opponent cheat and get away with it? How did you feel about that? Have you ever done that?
- Do you think that you are better than the ones who do wrong? Aren’t we all guilty of doing wrong or of hurting others? Who can we turn to, to make it right?

Workout

1 Thessalonians 5:15; 2 Thessalonians 1:8; Hebrews 10:30; Leviticus 19:18

Overtime

“Father, help me to trust You to make all things right through the Lord Jesus Christ. Fill me

with Your Holy Spirit that I might trust Jesus fully as the One who paid the price for the sins of the world, my sins included. Amen.”



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL:<https://fcaresources.com/devotional/dont-get-mad-dont-get-even>