

## **Finding Your Worth in Christ**

### **Ready:**

“Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock. The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn’t collapse, because its foundation was on the rock.” -Matthew 7:24-25

### **Set**

Years after competing in track and field at the collegiate level, I found myself in a state of wondering. Life made a lot more sense while running track and going to school. The actions of training, working hard, discipline, proper rest and care yielded the direct results of improved performance. The process of patience and waiting had obvious mile-markers in the form of competition seasons, semesters and stats.

I learned that the prizes of life are not my athletic accomplishments, my post-athletics career or the other temporary things I greatly valued. The greatest prize is and will always be God Himself.

For the first time, I clearly saw how shortsighted and out of order my pursuits were. Now, I see that any of my pursuits into which I choose to invite God is a journey into relationship with Him.

Perhaps you have in mind how God could fulfill this through your coaching or playing and your idea is likely tied to performance. But what happens when you have a tough season, when you’re not the best athlete in the league or on your team, or when your time in athletics (as with everything) comes to an end? Who you are beyond the arena of play?

There are more ways to honor Christ with your life. God’s purpose is life-giving and life changing. The life God has given us in Christ can be full, abundant and satisfying, if we let it. We can use this life to elevate God simply by how we compete, live and treat each other every day (not just with outcomes in mind).

When we work at whatever we do from the heart as for the Lord and not people (Colossians 3:23), and when we look to the interest of others not only our own (Philippians 2:4), what glory might you bring when you play for the Prize that is greater than the trophies and titles?

You don’t get to glorify God in just one thing or one area but in everything you do. The greatest gift we have is God Himself, and your worth comes from who you are in Him.

You are so much more than statistics. You are a gift from God, to glorify Him everywhere you go. Rest in this performance-free relationship. He’s got you right where you’re meant to be.

### **Go**

? For who or what have you been competing?

? How does knowing you are God's beloved son or daughter change your approach to competing?

? Determine how you will give God glory in the wins and losses of your day and be prepared to live for Him.

### **Workout**

Exodus 9:16

Psalm 16:5-6

John 3:16

### **Overtime**

“Father, thank You that my worth come from You and You alone. Thank You for the work Jesus has done on the cross that brings me into Your family. Help me to hold to Your truth about who You say I am, and let me live it out each day as I trust that You are growing my faith. In Jesus' name, amen.”



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