

## Timeout

### **Ready:**

“Come to me, all of you who are weary and burdened, and I will give you rest.” – Matthew 11:28

### **Set**

When playing or during training, what do you do when your opponent is winning or gaining on you; when you keep committing errors; or when your team is in a slump?

When the other team outplays us or when we perform badly, our emotions can get out of control: we panic, lose focus and ruin the play. It is tempting to give up, to get angry, or to start a quarrel.

It is often in this chaos that our coach calls a TIMEOUT.

During a timeout we could:

- Rest briefly to settle our emotions.
- Reset and stop the wrong thinking and behavior.
- Refocus on what needs to be done.
- Regroup as a team and encourage one another.

In life, we also experience frustration and lose our focus particularly when we make mistakes. When we cannot think or respond wisely, our heavenly Coach may call a timeout to guide us in wisdom and in truth. In the same way that we listen to our coach during a sports timeout, we need to listen to God.

- Rest and find refuge in Jesus.
- Reset and ask: are there sinful thoughts or actions to stop?
- Refocus and consider: are there commands to obey?
- Regroup: Allow God to encourage us when we are down, and lead others to Him.

### **Go**

1. When do you need God to call a timeout for you? Do you need one now?
2. What are practical things to do during a timeout? (Pray, seek God, seek guidance from mature Christians, confess and repent from sins, etc.)

### **Workout**

Psalm 107:29

Exodus 33:14

Psalm 62:1

Philippians 4:6-7

### **Overtime**

Lord, help me that my soul may find rest in You alone. When we experience frustration or lose focus guide us in Your wisdom. In Jesus' name, amen.



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