

## **Condition Through the Tears**

### **Ready:**

Those who sow in tears will reap with shouts of joy. Though one goes along weeping, carrying the bag of seed, he will surely come back with shouts of joy, carrying his sheaves. Psalm 126:5-6

### **Set**

What parts of practice and conditioning seems to be just plain old hard work? Has such a workout ever pushed you to the point of total exhaustion and even tears? Psalm 126 relates exactly to that level of physical and emotional expense.

These people knew the pain and hardship of working on a farm in the early spring, while enduring several hours of draining, physical labor. But they also knew the joy and exhilaration of a great harvest in the fall.

As competitors and athletes, you know the value of grueling practice sessions and punishing workouts. You know that they produce a fruitful and a fulfilling reward at season's end. Those brutal preseason days of conditioning pay off in the postseason with exciting victories.

When you can't push yourself in the gym or on your field or arena of choice, engage in tough spiritual practices. This includes praying to God, being in His Holy Word, and studying His teachings. As Christ-followers, now is the time to equip yourself with the biblical tools that can help you and others have faith and peace.

In the end, you'll reap a harvest filled with joyous wins that far surpass any game-like victory or accomplishment. Compete today with confidence knowing that you've made the investments that will pay off in today's contest and empower someone else to do the same!

### **Go**

1. What part of practice and conditioning seems to be just plain old hard work?
2. Has such a workout ever pushed you to the point of total exhaustion and even tears?
3. How do you push through the pain in your body and the desire to quit in your mind?

### **Workout**

- Proverbs 10:4
- Proverbs 12:14
- Proverbs 14:23

### **Overtime**

“Father, I confess that the fruit of this labor seems terribly remote. I will continue to work hard to condition my body, my mind, and my soul. I trust that this hard work, watered by my sweat and tears, will soon produce a crop of excellence in competition. I am committed to this process and I anticipate a victorious song with my championship teammates. I pray and commit in Jesus’ powerful name, Amen.”



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