

Control the Controllables

Ready:

Let us not get tired of doing good, for we will reap at the proper time if we don't give up.
Galatians 6:9

Set

"Control the controllables." I remember when I read that phrase for the first time in the context of sports, and it was like a light bulb went on in my head. Suddenly, success wasn't up to the weather, or my health, or my competitor—I couldn't control those. Success was up to me and the choices I made both as an athlete and as a person.

And that's true in all areas of life, especially in a life lived for God. There are a lot of things we don't control, and God doesn't ask us to try. But the Bible encourages us not to get tired of doing what is good—things like thinking positive, helping someone in need, or sharing the hope of Christ.

We can always choose to do those things, and God promises that we will ultimately "reap a harvest of blessing" for it. Whether in the sporting arena or in our relationship with God, our success is not measured by the things we can't control. This is our hope and our comfort as believers, and it makes every effort worthwhile through both the good times and the bad.

Go

1. What are some specific things, either in sports or in life, that you can't control right now? What are the things you can control?
2. What are some non-controllables that tend to make it hard for you to make the right decisions?
3. What are some ways you can do good this week?

Workout

- Romans 5:1-5
- Ephesians 2:10
- James 1:12

Overtime

"Lord, please give me the strength to choose good no matter what goes on around me. I'm so thankful for Jesus' perfect example of this, and I ask for Your help and guidance as I strive to

be more like Him every day: making the right decisions when it's up to me and trusting in You when it's not." Amen



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