

## **Putting it into Practice**

### **Ready:**

“This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.” -- Joshua 1:8

### **Set**

Muscle memory is vital for every athlete. The hours dedicated to running the same play are not a waste. Experienced athletes know that once their muscles replay normal moves without a second thought, they can focus on developing more complex skills to be adequately ready for their game.

As Christians, we must work to make our faith second nature. Although the Holy Spirit is alive in us and guides us in our actions, we still have to battle our sinful human nature when facing tough choices. The only way to be ready for those days of tough choices is by preparing for those days today.

In Ephesians, Paul described a Christian’s fight as a battlefield against Satan. He told the Church in Ephesus to be strong and to put on the full armor of God so that they can “stand firm against all strategies of the devil.” (Ephesians 6:11). The armor of righteousness, truth and faith equips us to not only defend ourselves from attacks but also fight against them.

As we practice for an upcoming game, we must daily read God’s Word and pray so that our faith also becomes second nature.

### **Go**

- In what ways do you put in the work to master the necessary skills in your sport?
- What are you doing now to strengthen your Christian faith?

### **Workout**

James 1:2-4

Ephesians 6:10-18

### **Overtime**

“Lord, it’s easy to get comfortable in my faith and not push myself to know You more. Give me the passion to search Your Word daily and help me to see the opportunities You give me to live out my faith. Amen.”



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