

## **Fundamentals for Success**

### **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.” -- Matthew 7:24

### **Set**

The foundation for success in any sport relies primarily on the mastery of fundamentals. Champion athletes spend time perfecting their skills by focusing on fundamentals. It doesn't matter at what level you compete, ignore the fundamentals and your performance will suffer.

Have you ever seen a wide receiver take his eyes off the ball and drop the pass even though it hit his hands? Or what about a world champion sprinter standing straight up out of her starting blocks, anxious to win but forgetting the fundamental technique of staying low and then losing the race as a result?

In the same manner, if we overlook the foundations of our Christian walk, challenges in life could leave us humiliated. Reading the Word of God and conversing with our Lord through prayer is the one-two punch of Christian fundamentals. Centering our hearts and minds on the truths of God's Word and daily prayer time are practices that will aid in our decision-making, pursuits, passion and purpose.

And when the rushing waters of life come our way, though He may not build a bridge, He will certainly stand with us so the waters will not overcome!

### **Go**

- Do you regularly practice the fundamentals necessary for your sport?
- In what ways do you work to master the two biblical foundations of prayer and reading God's Word?

### **Workout**

[Matthew 7:24-27](#)

[Acts 17:11](#)

### **Overtime**

“Lord, give me the strength to commit to reading Your Word and talking with You daily. Allow Your presence to abide in me so I can take on any challenge that comes my way. Amen.”



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