

Taking Care of Business

Ready:

“Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.” -- Mark 12:30

Set

For most of my life I have had a problem with these words: *Just do your best. It's not whether you win or lose, it's how you play the game.*

It always seemed to me that these words lack a competitive spirit, like something a mom says to her child who has no chance of winning. But it occurred to me recently how few things in sports are within our control. During a basketball game, I cannot control the referees, my opponents, or whether or not I have a record-breaking game. But I *can* control my attitude and my effort.

I cannot control every aspect of my performance or the results. Nor can I control the attitude and effort of others – only my own. That being true, I should only be judged by those things which I have complete control over – my attitude and effort during the game.

The same is true in life. What should my attitude be like? “Adopt the same attitude as that of Christ Jesus.”(Philippians 2:5).Effort? “Whatever you do, do it from the heart, as something done for the Lord and not for people.” (Colossians 3:23)

Attitude and effort are personal choices that cannot be controlled by other people or circumstances without my permission. I have the sole responsibility to make sure they line up with the words of Christ and no one can change that.

Go

- How can you improve your attitude and effort during training or competition?
- Do you find yourself trying to take control instead of allowing God to call the shots?

Workout

[Philippians 2:1-8](#)

[Colossians 3:23-24](#)

Overtime

“Lord, I confess that I have focused on things that I cannot control. Help me to focus on giving

my best attitude and effort to please You. Amen.”



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