

## **Playing for the Lord**

### **Ready:**

“Whatever you do, do it from the heart, as something done for the Lord and not for people.” -- Colossians 3:23

### **Set**

As athletes, we play with the abilities God has given us. But what really drives us to play the game? For some, it’s the praise of parents, coaches and friends, or awards and medals. Often, our self-worth and dedication to the game is driven purely by the thoughts, praise and criticism of others.

One of the toughest parts of an athlete’s performance is to be mentally focused on the game. Letting outside praise and distractions guide us will often lead to inconsistently good or poor performances.

To stay mentally tough, we need to remember the race set before us — the eternal race for God’s glory, not our own. This means playing with good sportsmanship, integrity, a competitive spirit, and using our talents to the best of our abilities. Focusing on Christ in sports takes a positive attitude and willingness to work harder even when we feel unnoticed.

In the end, God gives out the rewards. Christ calls us to be competitors for Him. He loves us when we use what He has given us to be the best we possibly can be — working and playing for Him, not for others.

### **Go**

- Do you find yourself playing for the praise and recognition of the world?
- What are some tangible goals you could set to focus on playing for the Lord?

### **Workout**

[Matthew 25:14-30](#)

[Mark 9:35](#)

### **Overtime**

“Father, help me to focus on You and the abilities You have blessed me with — to train, compete and strive to be the best while competing for You. Amen.”



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