

## **Overcoming C-LOC**

### **Ready:**

“Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour.” -- 1 Peter 5:8

### **Set**

As a Navy jet pilot, I was always aware of G-LOC (pronounced “gee-lock”), an acronym for Gravity (induced) Loss of Consciousness. G-LOC occurs from excessive and sustained g-force, which drains blood away from the brain and causes cerebral hypoxia. (You pass out.) Ultimately, the keys to successfully defeating G-LOC lie with awareness, early recognition of symptoms and timely application of prevention strategies.

As competitors, we face a similar phenomenon I call C-LOC, or Cultural (induced) Loss of Consciousness, in which we allow culture to influence our character and we fall asleep to God’s greater calling. As competitors for Christ, it is important that we understand when C-LOC symptoms are present in ourselves. To better understand where you stand, reflect on the following questions:

- Do you honor the game? What about your opponents, your coach, your teammates, the officials and the fans?
- Is your verbal and online communication positive and uplifting or negative and demeaning?
- Do you exhibit a “win-at-all-cost” mentality?

This last symptom is particularly troublesome. How often have you heard the phrase, “Winning isn’t the most important thing; it’s the only thing”? Former Duke University basketball coach Mike Krzyzewski once said, “Winning as a goal is a disease and leads to compromise in every other area.”

Athletic competition doesn’t just build character; it reveals character. What does your performance say about your character? Has C-LOC crept into your game? Does it have such a strong foothold that you’ve fallen asleep as a competitor for Christ, or do you hold strong daily to His Word?

### **Go**

- In what ways are you affected by C-LOC as you compete?
- How can you recognize and overcome C-LOC in your life?

### **Workout**

Matthew 26:41

1 Corinthians 16:13

## **Overtime**

“Lord, help me stay alert to Your greater calling on my life as a competitor. Amen.”



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