

## Keep the Light On

### Ready:

“Your word is a lamp for my feet and a light on my path.” -- Psalm 119:105

### Set

Once, I set out for a quick 20-mile training ride on very familiar roads. I *thought* I had just enough time to get back before sundown.

About eight miles from home, it began getting dark fast. I decided to take an unfamiliar road that I thought would be a shortcut, but darkness came within minutes, and I could not continue. I waved down a car and called my wife to ask for a ride home. The most significant lesson I learned that night was this: Lose the light, lose your way. The same is true in our spiritual journeys.

***God’s Word is a lamp to our feet.*** A lamp provides enough light for decisions and direction. Light reveals stumbling blocks as we compete and illuminates others’ hurts and needs.

***God’s Word is a light to our path.*** A light helps us see ahead so we can make decisions about both our athletic future and our life after sports. We need God’s Word to discern our purposes and pick the paths He has for us.

***God’s Word shines light into our character and circumstances.*** It reveals what’s really going on inside as a competitor and a Christ-follower. It shows us what’s wrong so we can get it right. God’s Word convicts us, corrects us and directs us.

When we lose the light of God’s Word, we lose our way. So, let’s keep the light on and depend on His Word for the decisions we make on the field and in our lives.

### Go

- Do you seek God’s Word to guide you as you train and compete?
- How can you ensure that you “keep the light on” and depend on His Word?

### Workout

[Hebrews 4:12](#)

[2 Timothy 3:16–17](#)

### Overtime

“Father, give me the strength to read Your Word daily and apply it as a light to all areas of my life. Amen.”



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