

## What is Commitment?

### **Ready:**

"Therefore, my dear brothers and sisters, be steadfast, immovable, always excelling in the Lord's work, because you know that your labor in the Lord is not in vain."--[I Corinthians 15:58](#)

### **Set**

When the Cleveland Cavaliers lost their first playoff game, the reporters were stirring up stories and social media was buzzing with rumors and questions as to where LeBron James would play his next season. Why? Have we become accustomed to abandoning things if we don't succeed at first?

Commitment is defined as the state or quality of being dedicated to a cause or activity. When you are committed to something you give up some of your freedoms for the sake of that which you are dedicating yourself. So, in sports you may give up certain freedoms (eating bad foods, taking drugs, sleeping in, being late to practice, etc.) to be more disciplined, because you are dedicated to your team.

Perseverance is a steadfastness in doing something despite difficulty or delay in achieving success. We all want to be successful...today! So, when we fail or when it's difficult, it's easy to quit and pursue something else.

Paul said, "So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless." Our teams, marriages, and churches need people who are immovable and not quick to give up or quit when we fail or don't get our way.

### **Go**

1. What is commitment? Are you strong and immovable in your convictions?
2. What is perseverance? Are you faithful in not giving up in your convictions?
3. Does your life reflect commitment and perseverance?

### **Workout**

- [Psalm 112:7](#)
- [I Timothy 4:16](#)
- [James 1:12](#)

### **Overtime**

Heavenly Father, I thank you that I'm not alone, for you are with me. God of all grace, I'm

tired and ready to give up. Restore me and make me strong, firm and committed. Thank you for giving me your Spirit to live a life of commitment to one team – Yours! In Jesus' name, amen.



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