

## **Practice, Practice!**

### **Ready:**

“Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.” -- Philippians 4:9

### **Set**

We've all said it: The secret to success is practice, practice, practice. When I was in high school, I trusted my coaches completely and desired success, so I practiced whatever they told me to. Similarly, when we read that Paul urges us to “do what you have learned and received and heard and seen in me,” we would be wise to heed his advice. A quick scan of the context reveals some of what Paul would want us to put into practice:

- Philippians 4:4 — We should rejoice in the Lord.
- Philippians 4:5 — Our gentleness should be evident.
- Philippians 4:6 — We should pray about everything.
- Philippians 4:8 — We should think about the good stuff.

As competitors, we could integrate these four ideas daily by rejoicing not just in winning but in practice or tough defeats; leading our teammates with gentleness; praying for our teammates and for every decision, from game plans to practice sessions; and filling our minds by meditating on God's goodness and promises.

Only when we put these Christlike attributes into practice with His help will we have the reserves to see the good when difficult circumstances arise. As we do, our faith in Him will be deepened and we'll become more like the people that God has intended us to be through Jesus as we practice, practice, practice with Him!

### **Go**

- What are the attributes of a “real” coach?
- How do those characteristics compare with your coaching style?
- What are some things that you could put into practice with God's help?

### **Workout**

[Psalm 111:1-10](#)

[1 Timothy 4:11-16](#)

### **Overtime**

“Thank You, Lord, for filling me with Your joy and gentleness. I ask for Your wisdom today as I reflect Your glory and grace to all who cross my path. Amen.”



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