

Stay Focused

Ready:

“Forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God’s heavenly call in Christ Jesus.” -- Philipians 3:13b-14

Set

I want to be a better representative of God on the field. I want to give the same effort on the first play of the game when my body is fresh as I do on the 64th play when I’m dragging my feet, and my body is telling me to give up. Accomplishing each of these goals requires constant prayer and focus throughout the game.

Jesus provided the perfect example of focus. He was single-minded about His mission on this earth and never let anything distract Him from fulfilling His calling. Even on the way to the cross, people spit on Him, whipped Him, and mocked Him. Jesus could have brought angels down to save Him and given up on His mission. But He was so focused on doing God’s will that He refused to give into His flesh.

As a Christian, my mission is to love God and love others, but it’s impossible to stay focused on this purpose without an active relationship with God through daily prayer and devotion.

When things get tough — on the field or in life — looking toward that ultimate prize can truly keep us focused on what’s really important.

Go

- What do you need to focus on to be successful in your sport?
- What are some things that you can start doing today that will help you stay focused on your mission?

Workout

[Hebrews 12:1-2](#)

[James 1:2-4](#)

Overtime

“Lord, help me to stay focused on the mission to which You have called me. Give me the strength to persevere and pursue the prize of eternal life while sharing the good news of Christ along the way. Amen.”



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