

## Doctor's Orders

### Ready:

“But be doers of the word and not hearers only, deceiving yourselves.” – James 1:22

### Set

Getting injured is something every athlete faces, whether a minor injury that takes a week to recover or an extensive injury that may take more than a year.

Doctors help us on our journey to healing: physical therapy once a week, certain medications after surgery, even strength training and rehab. But what if we did not do those treatments? What if we heard what the doctor said to do but never did it? What if we rejected the doctor's orders? We wouldn't get to play the sport we loved.

In the Bible, James tells us in chapter 1 that we must not only hear God's Word but do what He says. James urges us to be obedient to God's Word. He wants us to realize that God is the Good Doctor for our lives. He knows what is good for us, what will keep us safe, what will give us joy and security and what will make God's love known. If we hear God's Word but do not do what it says, it's the same as hearing what the doctor prescribes but never picking up the prescription.

God's Word must move from our ears into our hearts. When we follow God's way, we get changed, our teammates get changed, our school gets changed, and even our community. Listen to God and do what He says. He knows exactly what you need.

### Go

- What has God told you to do that you've only listened to but not done?
- How do you think doing what God says will change you?
- How do you think it will change your teammates and school?

### Workout

Proverbs 2:1

James 1:22-24

### Overtime

“God, help me to listen to You, but then teach me how to do what You say. Give me grace when I only listen, and give me the boldness and strength to do what You say. Your way is good for me and leads me to the right path. Amen.”



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