

## The Upper Room Locker Room

### **Ready:**

“He will show you a large room upstairs, furnished and ready. Make the preparations for us there.” So the disciples went out, entered the city, and found it just as he had told them, and they prepared the Passover.” – Mark 14:15-16

### **Set**

The locker room is a place for preparation. Mental, physical and emotional preparation all reside inside its walls. It's the meeting point, from historic pregame speeches, mental focus zones and even ice baths. Having a designated space to prepare for the upcoming game is excellent. In this space, you can focus on the task and prep with your teammates, who will fight alongside you.

Mark 14 shows the final preparations before Jesus' crucifixion. They had to find a place to gather for one last meal with His disciples and share critical information. This place is known as the "Upper Room." The Upper Room became not just a place where they ate their last meal together, but it became a holy gathering spot for the followers of Jesus after His death and resurrection. The room heard praise, cries, prayers and yelling. There was fear, excitement and confusion among the followers of Jesus in this place. Most of all, it became a safe place of preparation before the disciples were sent out on a mission for God.

Do you have a spiritual Upper Room? A place where you can gather with like-minded believers, be completely transparent with your struggles, and celebrate your victories? Maybe that is your church; I pray it is. For me, it was my FCA Huddle in high school. My FCA Huddle became my Upper Room. If you don't have an Upper Room, pray that God gives you the people and the place so that you can prep for the calling He has placed on your life.

### **Go**

- If you have an Upper Room, describe it.
- If you don't have one, do you have people who could form one with you?
- What do you desire to discuss or ask in your Upper Room?

### **Workout**

Mark 14:1-16

Acts 1:12-14

### **Overtime**

“Abba Father, we come to You seeking a place to prepare for the tasks You give us. Provide us with the people who can go into the fight with us. Reveal in our hearts where we need to release our burdens with our brothers and sisters in Christ. Amen.”



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