

How to Find Balance as a Coach

Ready:

“Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying.” – Mark 1:35

Set

At times, we feel we must “burn the candle at both ends” just to get everything done. On average, a college football coach will work 75 hours a week, while watching 14 hours of film and doing seven hours of recruiting per week. That is a lot of candle-burning, and all the pressures add up.

Let’s consider a few questions:

Do you have margin?

Jesus Himself taught us about margin. Multiple Gospel accounts have Jesus removing Himself from everyone else, and most of the time He was in prayer. As Jesus modeled, time to pray is important. If you are a spouse or a parent, the people in your family are important. Rest is important.

What gives you energy?

The “spiritual disciplines” are important. Our animation, our ability to live and operate as Christians, comes from God’s Word, not just the food on our table. Once we learn to build in margin, we can properly nourish our spirit with a proper diet of the Lord and His Word.

What is your focus?

Coaching to the glory of God does two things. First, it keeps your focus where it needs to be. You will see great teaching moments about life, not solely sport. Secondly, you give God thanks by coaching for Him. Your coaching is a praise to the Lord who gave you everything to coach as you do, including His Son.

Do you serve?

By making time to serve away from your sport, you uplift others with the gifts you have been given. Plus, serving takes the focus off yourself and puts it on another. Compassion for others can go a long way toward not feeling over-burdened.

Jesus died to untie you from burdens. Live in this truth and see what God does with not just your coaching, but your life.

Go

- Do you have margin in your life? If not, how might you be able to shape your time to make some?
- What is your focus? Can you adjust anything in your schedule to make time for what matters most?
- Make some time to step away for a day, or even a few hours, and get quiet with God. Ask Him about your schedule and life, and ask Him to see where you can make changes to better live in rhythm with Him and the people He's entrusted to you.

Workout

Deuteronomy 8:3

Colossians 3:17

1 Peter 4:10-11

Overtime

"Thank You for giving me the gift of coaching. It takes a lot, and I can often find myself stretched thin. God, would You help me reassess where I am putting the most of my time and energy? Help me to realign my life to lead by looking to the life of Jesus. In His name. Amen."



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/devotional/how-find-balance-coach>