

The Most Important Thing

Ready:

“So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” – 2 Corinthians 4:18

Set

For an athlete as talented, successful and famous as Trevor Lawrence, one would think football would be the most important thing in his life. However, the sport he has spent his life playing and made him well-known is not what his life is about.

Lawrence once said during a press conference while at Clemson, “Football’s important to me, but it’s not my life. It’s not the biggest thing in my life... I would say my faith is.” When he said this, many took it to mean that Trevor was not serious about football. People thought he should have said that football was the biggest and greatest and the most important thing in his life. But as a Christ follower, Trevor understood something they did not.

As athletes, our sports are important. We should strive to work hard, perform to the best of our ability, give 100 percent and be in a ready mindset. We must put work in before, during and after the season. We must focus on grades, our diet, and getting rest to succeed in our sport. Sports consume a huge portion of life, but that does not mean it is our life.

God’s Word teaches us that things of this world are not forever, meaning that one day they will end, be taken away or pass away. If we make a temporary thing the basis for our entire life, what happens when we no longer have it? Our life would be over.

God teaches us that we should build our lives on Him because He is eternal. If we build on Him when sports go away, things break, and relationships crumble, we still have life. Even when we breathe our last breath, we will have eternal life through Him.

Trevor Lawrence’s life will always be associated with football, but football is not his life; God is.

Go

- Name one thing on earth that never goes away.
- Does knowing that everything else goes away help you see that the most important thing in life is God?

Workout

[Colossians 3:1-2](#)

1 Peter 1:24-25

Overtime

“God, it feels like I have spent most of my life playing my sport. It consumes my days and nights and my thoughts of the future! But let me not give in to the idea that my sport is my life. You are my life. Help me to build my identity in You and Your Word, not a ball and a jersey. You are forever. 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/most-important-thing>