

## **Thankfulness**

### **Ready:**

“And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” – Colossians 3:17

### **Set**

It takes a lot of hard work to excel in your sport. Late nights and early mornings become routine, as do missing events because of practice and hours of individual work at home. You often complete your schoolwork on the bus ride home to keep your grades up. All this and more is because you decide to become your best.

When you do all this work, it's easy to take credit for the results. You put in the work, so you deserve the credit. Right?

Yes and no. You should be proud of yourself for your strides, but it would be foolish to think you could accomplish all your goals by yourself.

Who gave you the breath in your lungs to wake up daily for workouts? Who provided you with legs to run and arms to lift? Who protected you from Injury? Who gave you the wisdom to know how to order your priorities? God did all of that.

We are called to thank God for all He has done and will do for us. In our words and actions, we are called to do it all, not in our name but in the name of our Father. Without God, we wouldn't be able to accomplish the goals we have set out to achieve.

Next time you reach a milestone, remember it wasn't just you that got yourself to this point; God is always helping us.

### **Go**

- How can you see God's hand in your victories?
- Is it hard to remain humble in your sport?

### **Workout**

[1 Samuel 12:24](#)

[Ephesians 5:20](#)

### **Overtime**

“Our Father, the only good things in life come from You. Help us to remain humble in our goals and remember who gave us our abilities in the first place. Guide us to use our talents to glorify You. Amen.”



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