

## **Follow Through**

### **Ready:**

“For this reason also, since the day we heard this, we haven’t stopped praying for you. We are asking that you may be filled with the knowledge of his will in all wisdom and spiritual understanding.” - Colossians 1:9

### **Set**

Your follow-through is the part of the golf swing that takes place after the ball has been hit. Following through is extremely important to finish your swing and maintain consistent contact and ball flight. If you were to stop your swing as soon as you hit the ball, you risk losing any power you started with. In essence, the follow-through is the completion of the swing you started.

No matter the sport, a competitive follow-through shows determination to accomplish what you said you would, whether that be a complete swing, following a promise to a teammate, or sticking to a goal. Follow-through is essential to the growth and trustworthiness of your character.

How often do we say, “I’ll pray for that” or “We will keep you in our prayers” in our community? While this is a great thing to say, it is false support if you don’t follow through and pray for them. Our follow-through as Christians should look like the Christians in Colossians. When they heard of a need, they prayed endlessly for their brothers and sisters in Christ. If we tell our friends and family that we will be praying for them, we better follow through and take the time to pray for them. What would be even better is if you stopped and prayed for them right then and there. That intentionality is not found much in our culture, and it would show great care for the one in need.

### **Go**

- How often do you pray for others?
- Have you ever had someone pray for you right when you asked?
- How would you rate your follow-through as a Christian?

### **Workout**

Ephesians 6:8

John 17

### **Overtime**

“God, we seek Your forgiveness when we do not follow through with the care and prayer that we should for the people You put in our life. Help us not forget and give us boldness to stop and pray for our brothers and sisters in Christ. Give us Your heart so we might desire to pray and follow up with the ones in our care. Amen.”



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