

## **Commitment: Prayer**

### **Ready:**

“I give thanks to my God for every remembrance of you, always praying with joy for all of you in my every prayer.” - [Philippians 1:3-4](#)

### **Set**

As coaches we desire our players to reach their full potential as athletes and as young men and women. Therefore, we provide them with as many tools as we possibly can to assist them to this end. If a player neglects to use all that we have provided for them, then we would say they are neglecting to be the best they can be.

But, what if we as coaches were neglecting one of the most important tools we have been given to coach our players with excellence? The truth is many of us neglect to fully use one of the best tools available – prayer. Thankfully in *Philippians*, Paul helps us see the importance of prayer and gives us an example as to how to pray for our team.

Paul’s commitment to prayer is characterized by three things.

- **Faithfulness:** Notice the words: “*I give thanks to my God for every remembrance of you*” and “*always praying*”. It is easy to see from these words that Paul prayed faithfully for these people. If you want to help your players reach their full potential, you must pray for them faithfully.
- **Thankfulness:** Notice the phrase in verse 3: “*I give thanks to my God . . .*” Paul chooses to be thankful instead of focusing on the problems. Being thankful for your players will help you overcome the negativity that can creep into a program.
- **Joyfulness:** Look again in verse 4: “*always praying with joy for all of you in my every prayer.*” Joy is an emotion of jubilation or gladness not based on circumstances - but on the truth of God and His unchangeable nature that has saved both Paul and the *Philippians*. When Paul prays for these people, he does so with gladness of heart or joyfulness in what Christ has done in them.

Coach, what is your plan to be committed to praying for your players - faithfully, thankfully and joyfully? If you fail to plan, you plan to fail.

By God's grace come up with a game plan to be committed to prayer for your team.

Then watch what the Lord does in your life and in the lives of your players.

## **Go**

- Do you faithfully pray for the members of your team (coaches & players)?
- What is your plan to pray for them faithfully, with thanksgiving and joy?

## **Workout**

[James 5:13-16](#)

[Philippians 1:9-11](#)

## **Overtime**

"Lord, thank you for this team. Forgive me for neglecting the tool of prayer. Give me a steadfast commitment to faithfully pray for them with thanksgiving and joy. Deepen my conviction towards prayer and open my eyes to see the fruit of prayer for my team. In Jesus' name, amen."



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