

Timing is Everything

Ready:

"Pay careful attention, then, to how you walk—not as unwise people but as wise—making the most of the time, because the days are evil."- [Ephesians 5:15-16](#)

Set

In competitive swimming, timing is everything. Knowing when to hold steady and when to explode with energy can determine success or failure. Sprinting too soon leads to exhaustion, while lagging behind may make it impossible to catch up. Timing is about reaching our full potential. As athletes and followers of Christ, we must understand the difference between *chronos* and *kairos* to make the most of our God-given opportunities.

The Greek word *chronos* refers to measured, chronological time—the steady ticking of the clock. This is the daily grind of training, where endurance, discipline, and technique are developed. In Scripture, we see this in the genealogies of Jesus ([Matthew 1:1-17](#))—where generations of faithful obedience prepared the way for the Messiah.

However, some moments in sports and faith require a different sense of timing—*kairos*, the perfect time to seize an opportunity. A swimmer may train for months (*chronos*), but when the final lap arrives, they must recognize their *kairos* moment—the instant they need to sprint with all their strength.

In Scripture, we see this in [Esther 4:14](#), when Mordecai tells Esther, “Who knows? Perhaps you have come to your royal position for such a time as this.” Esther had to recognize and act on her *kairos* moment to save her people.

As athletes and believers, we must embrace both *chronos* and *kairos*. The daily discipline of training (*chronos*) lays the foundation for the moments when we must step up and give everything we have (*kairos*). Trust in God’s timing, knowing that He is preparing you for the right moment to act.

Go

- Have you ever trained (*chronos*) for a moment but hesitated to seize it? What did you learn?
- How is God shaping you (*chronos*) right now for an unseen opportunity?
- How can you recognize and boldly seize your moment (*kairos*) when it comes?

Workout

Ecclesiastes 3:18

Galatians 6:10

2 Corinthians 6:1-2

Overtime

"Lord, coach me to be faithful in my daily work all the while recognizing and seizing the kairos moments You unfold for me. Teach me patience in training and boldness when it's time to act. in Jesus' name, amen."



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