

What Do You Sow?

Week 5

READY:

A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. –Galatians 6:7-8

SET:

After injuries to ligaments in both knees cut his 2001 and 2002 seasons short, Oklahoma quarterback Jason White desperately wanted to get back on the field with his teammates. “For a while, it didn’t seem like it would happen,” White said.

White not only got back on the field in 2003, but he also led the Sooners to a 12-1 record and won the Heisman Trophy, the highest honor in college football. When reflecting on the grueling rehab that he had gone through to get to this point, White said, “I’d go through it all again.”

God’s principle of reaping what we sow is often very evident in athletics and sports. Those who sow the seeds of hard work and mental preparation will generally reap a harvest of success in competition. Those who sow seeds of physical and mental laziness will reap a harvest of disappointment.

There are two main things that we must remember about harvest. First, the harvest is always in the future. We must sow seeds before we can reap. Second, the harvest is always based on what is sown. If a farmer sows corn, he will reap a harvest of corn. In Galatians 6:8, Paul states, “the one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. “

You are going to sow many seeds today, and at some point you will reap a harvest according to what was sown. The key is to first know what kind of harvest you want to reap and then sow the seeds that will produce it. Will you sow seeds that bring glory to God or seeds that will bring glory to self? The challenge is to sow seeds in life and in sports that bring glory and honor to Him, knowing that the rewards that truly matter will come from Him and only Him.

GO:

1. What is the greatest harvest you have ever reaped in sports?
2. What seeds did you sow that resulted in this harvest?
3. What kind of harvest do you want to reap in life? Are you sowing the right seeds to produce it?

WORKOUT:

Proverbs 11:18 (NASB)

The wicked earns deceptive wages, but he who sows righteousness *gets* a true reward.

Proverbs 22:8 (MSG)

Whoever sows sin reaps weeds, and bullying anger sputters into nothing.

Hosea 10:12-13 (NASB)

Sow with a view to righteousness,

Reap in accordance with kindness;

Break up your fallow ground,

For it is time to seek the LORD

Until He comes to rain righteousness on you.

¹³ You have plowed wickedness, you have reaped injustice,

You have eaten the fruit of lies.

Because you have trusted in your way, in your numerous warriors,

Romans 6:21-22 (NIV)

²¹ What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! ²² But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life.

OVERTIME:

Father, help me to sow life and not death. I want to reap a good, bountiful harvest, and I know this will be accomplished only when I allow You to have complete control of my life. I pray that each seed I plant will be pleasing to you. Amen.