

From the Grandstand

Week 8

READY:

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and let the sin that so easily entangles, and let us run with perseverance the race marked out for us. –Hebrews 12:1

SET:

Imagine this: You are on the field or on the court and the stands are full of cheering spectators. The crowd is watching your every move. Athletes thrive under these conditions.

But do we remember that every day, whether competing or not, we have heavenly and earthly witnesses watching our every move? We must realize that we don't compete or perform to please the crowds; rather, we should strive to please God alone. We should compete to show God's glory to those who are watching us.

Athletes know that it takes years of dedication and devotion to achieve excellence in their sport. They train every day to perfect their techniques and avoid all of those things that could hurt their performance. This is also true in our spiritual lives.

Daily, we need to set aside time with God to learn His ways so that we can show others His ways. We need to pray and ask God to help us stay away from all of the things that keep us from a closer relationship with Jesus. We need to ask Him to help us avoid those things that keep us from excelling in our sport.

We are an example to others of God's greatness and love. We have a lifetime commitment to training as an athlete both physically and spiritually, and this commitment holds great rewards.

Spectators are watching both in heaven and here on earth. Commit to showing them God's greatness and an athlete who loves the Lord.

GO:

1. How much do spectators affect your competition and your focus?
2. How do you show God's greatness and love to spectators and friends?
3. What ways can and will you show God's glory to those watching you in all things?

WORKOUT:

1 Corinthians 9:24-25 (NIV)

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

Philippians 3:14 (NIV)

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

1 Timothy 4:7-8

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Hebrews 2:1 (NIV)

We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away.

Hebrews 3:13 (NIV)

But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.

OVERTIME:

God, help me to remain disciplined as I set aside time for you each day. Help me to retain and actively use what the Bible teaches me. I want each of my actions to show others Your perfect love. Amen.