

# ***WHAT'S YOUR TWENTY-FOUR/SEVEN?***

**27**



# HOW DO YOU SPEND YOUR 24/7?

As a coach or athlete, it can feel as if the demands never stop. The training, practicing, planning and strategizing keep you hustling and operating at a pace that is difficult to thrive in. Although these things, in the right measure, are necessary to compete at a high level, the pace is not always sustainable. How do you handle the overwhelming demands of a “24/7” sports culture? The reality is that your life doesn’t have to be overrun by the pressures to keep up and prove your worth.

Jesus offers rest and renewal each day, but sometimes you need to hit reset and remember how to rest. The pressures and stakes may always be high, but how you respond doesn’t have to remain unchanged. The 24/7 “with God” life is available — you just have to slow down long enough to receive what He’s ready to give you.

Where do you start? Reset, renew, refuel and be ready to live out of the overflow of joy that comes from the presence of Jesus Christ.

## ***YOUR NEXT STEP***

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Dive into God’s Word and complete the four devotions provided. When you complete the devotions, share with us on social via #whatsyour247 and tell us what impacted you most or how you spend your 24/7.

rick isaiah

# RESET

TWENTY-FOUR/SEVEN **27**



# DO YOU NEED A RESET?

## KEY VERSE

*“While they were traveling, He entered a village, and a woman named Martha welcomed Him into her home. She had a sister named Mary, who also sat at the Lord’s feet and was listening to what He said. But Martha was distracted by her many tasks, and she came up and asked, ‘Lord, don’t you care that my sister has left me to serve alone? So tell her to give me a hand.’ The Lord answered her, ‘Martha, Martha, you are worried and upset about many things, but one thing is necessary. Mary has made the right choice, and it will not be taken away from her.’” - Luke 10:38-41*

**THERE IS A COMMERCIAL THAT HAS BEEN OUT FOR YEARS THAT FEATURES A BUNNY** rabbit who never stops. He is known as the Energizer Bunny, promoting the Energizer battery. The slogan is it the battery keeps going and going and going, like the rabbit, showing its long-lasting power. This commercial is a great marketing strategy and not to be attempted by humans.

If we keep going and going and going without ever stopping to rest and reset, we are destined for burnout, or at least a serious dip in productivity and focus. Unfortunately, that is exactly what we do to ourselves in the name of our most noble cause or passion: coaching, competing or even working for God. We all know the coach who works tirelessly to prepare his or her respective team, the athlete who is always in the gym and the minister who never stops ministering. One of those could even be us!

There are two sisters in the Bible who give us a peek into what it looks like to grind all day every day, and what it looks like to hit the reset button. Martha was all about the grind and serving. She did it well; you could say it was her love language. The problem is that she let it interfere with being with her Lord and Savior. Reading the account in Luke, we see that Martha became frustrated that her sister Mary was not helping her serve. Mary, on the other hand, is a living example of what it means to hit the reset button. I am sure that with having Martha as a sister, Mary found herself serving quite often. However, when Jesus showed up, Mary decided to stop and sit in His presence, worship, adore and listen to Him. When Martha vented to Jesus and asked for Mary to help her, He reminded her that Mary made the right decision to be with Him in the moment. Sometimes, it’s about stepping back and slowing down, abiding in the presence of God and allowing Him to shift and reset our priorities.

We cannot go 100 mph, 24 hours a day, 7 days a week. Let’s learn from Mary that there is great wisdom in simply sitting in the presence of our Lord.

## HOW TO RESET

- **Be Still:** Slow down, be still and know that He is God. (Psalm 46:10)
- **Be Open:** Consider what God's Word is saying about you and who you are in Christ. (Ephesians 1:17-18)
- **Be Free:** Allow God's Word to start a process of revelation that will help free you of performance and emotional stress. (John 8:36)

## CONSIDER

- 1 Describe a time when you were grinding 24/7 and it wore you out.
- 2 Describe a time when you slowed down to enjoy God's presence.
- 3 What benefits did you receive from spending time with the Lord?

## DIVE DEEPER

Matthew 11:28-30 + Romans 12:1-2 + Psalm 27:14 + Psalm 46:10

*"Father, I come in the name of Jesus, asking that You forgive me for the times when I was more focused on serving than sitting in Your presence. Please give me wisdom on when to serve and when to hit the reset button to spend more time with You and Your Word. In Jesus' name, amen."*

kelly schmidt

# RENEW

TWENTY-FOUR/SEVEN **27**



# RENEW YOUR HEART AND MIND

## KEY VERSE

*"... to take off your former way of life, the old self that is corrupted by deceitful desires, to be renewed in the spirit of your minds, and to put on the new self, the one created according to God's likeness in righteousness and purity of the truth." - Ephesians 4:22-24*

### **ONE OF THE BEST THINGS ABOUT BEING AN ATHLETE WAS MAKING THE TEAM AND**

getting to put on the new uniform. I remember how excited and proud I felt to put on my high school varsity uniform for the first time, not to mention the first game I got to actually compete in it! But let me tell you, as soon as I went to college and received my new jersey, I wasn't putting that high school one on again. High school was in the past; collegiate basketball was my present.

I wonder if there are seasons of our lives where we are trying to hold on to the old jersey, or our old way of living. I love what Paul reminds us of in Ephesians 4, that we have been taught to take off the old and leave it behind. When we remove the old, we replace it with something new. Through the life, death and resurrection of Jesus, we have a new identity and purpose in Him. He makes all things new, including our hearts and minds. Who we used to be and what we used to do don't matter anymore. What matters is what God says about us, and He has called us chosen and beloved. And through the power of His Holy Spirit, He renews our minds, which allows us to let go of our old thoughts and way of thinking to move forward with the mind of Christ.

Receiving a new jersey usually means a new season is not far off. And a new season brings great hope and excitement of what our teams might accomplish. Receiving a new way of living as we walk in step with God brings us an even greater hope and excitement for what He may accomplish in and through us. God renews our thoughts, words and actions, and He refreshes our souls and minds. Receive the hope and joy of being a new creation in Christ. Leave the old behind and live in the new promises God has for you. You are on a new team, His team. And the best part is, we know who wins.

## RENEW A

- **New Heart:** Thanks to what Christ did on the cross, you can have a new heart as He makes you more like Him everyday. (Ezekiel 36:26)
- **New Purpose:** You are now called to spread the Gospel and live your life for Jesus, which is greater than anything else you can accomplish in this world. (Mark 12:30)
- **New Power:** You have access to the power of the Holy Spirit, and He will give you the strength and courage to do what He has called you to do. (Exodus 9:16)

## CONSIDER

- 1 Do you remember a jersey you felt most proud to wear? Why did you feel that way?
- 2 Is there anything in your life you want to pray for God to renew in your heart, mind, body or spirit?
- 3 Spend some time thanking Jesus for His sacrifice on the cross and making you new in Him.

## DIVE DEEPER

Psalm 51:10 + Isaiah 40:31 + 2 Corinthians 4:16 + 1 Peter 1:3

*“God thank You for being a God who renews and refreshes our souls. Thank You for the freedom You have given us through Jesus Christ. Would we be a people who leave behind our old ways and thoughts and live in the freedom of all You offer. Give us hope and a future in You and You alone. In Jesus’ name, amen.”*

sarah freymuth

# REFUEL

TWENTY-FOUR/SEVEN **27**



# REFUEL YOUR SPIRIT

## KEY VERSE

*"...and to know Christ's love that surpasses knowledge, so that you may be filled with all the fullness of God." - Ephesians 3:19*

**AS ATHLETES, WE TAKE CARE OF OUR BODIES.** We make sure what we're consuming is best to give us optimal performance and the most energy as we compete. We can't keep putting junk in our bodies—there's no way we're going to keep up when we're filled with what weighs us down.

Hearty proteins, tons of water and the right carbohydrates keep us on track as we train and prepare for the season. What we put in our bodies plays a big role in what we put out on the field.

But what about the deeper part of things, our hearts, minds and spirits? How do we refuel with what matters? Spiritually speaking, we fuel up with the things of Jesus to help us live a healthy and abundant life. The more we put God's joy, peace, patience and other fruit of the Spirit into our minds and hearts, the more they spread through us and strengthens us to know God deeper, and also share His love with the people around us.

You can fuel up with prayer, going straight to the Source of peace, joy, wisdom, love and so much more. God longs to meet with you and hear your heart. Be honest and open with Him, and praise Him for how He has worked in your life.

You can fuel up with Scripture. God's Word is living and active and provides us with wisdom. This is most often how God speaks to us, so learn to read and walk through the Bible to get to know who God is on a deeper level.

You can fuel up with community. We need others to hold us accountable, speak God's truth into our lives, and encourage each other as we go through life. Connecting with other believers is something that dates back all the way back to the beginning of creation; we were not meant to do life alone.

God has given us everything we need to keep our bodies, minds and spirits in top shape to live for His Kingdom. And the more we prioritize His presence, the more equipped and confident we are to live out of the fullness He offers.

God can refuel and replenish us with a joy and hope that flow into everything we think, say or do. Fuel up today.

## HOW TO REFUEL

- **Fuel Up with Prayer:** Consistent communication with God draws you near to Him and brings peace and joy to your heart. ([Ephesians 6:18](#))
- **Fuel Up with Scripture:** God's Word gives you understanding and builds up your hope and trust in Him. ([Hebrews 4:12](#))
- **Fuel Up with Community:** Find your place where you can access accountability, encouragement, provision and strength. ([Acts 2:42](#))

## CONSIDER

- 1 How is your prayer life? How can you take more time to listen for the voice of God?
- 2 How is your time in God's Word? Pray for a Scripture or passage God wants you to learn more about and get to know Him better.
- 3 Pray for two people to join you on your faith journey—one who is farther along and can disciple you, and one who you can pour into.

## DIVE DEEPER

[Ecclesiastes 4:12](#) + [Psalm 145:18](#) + [Colossians 3:16](#) + [1 John 1:7](#)

*“Father, thank You that You provide all I need to live this life. Thank You that You desire me to grow closer to You through prayer, Scripture and community. Help me to be wise with how I spend my time, and to refuel my soul in ways that strengthen and encourage not only myself, but those around me. In Jesus’ name, amen.”*

mark long

# READY

TWENTY-FOUR/SEVEN **27**



# ARE YOU READY?

## KEY VERSE

*“And may the Lord cause you to increase and overflow with love for one another and for everyone, just as we do for you.” - 1 Thessalonians 3:12*

### **COACHES AND ATHLETES SPEND A GREAT AMOUNT OF TIME AND ENERGY PREPARING**

for their sport. Before going into competition, they often ask the question, “Are my athletes ready?” or “Am I ready?” They assess many variables to determine their level of readiness to ensure success in their sport or a particular event. They pay careful attention to every detail, physically, emotionally, relationally and wholistically.

Coaches and athletes who have placed their faith in Christ and are following Him have an even greater purpose. They spend more time and energy growing in their faith than they do in their sport. They seek Him first in all areas of life. They frequently step into the presence of God, listening to His voice and accepting His invitation to join Him at His work by engaging with others spiritually. 1 Timothy 4:7b-8 says, “Train yourselves to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

Coaches and athletes who have accepted God’s calling on their lives first spend time in God’s Word, training in righteousness, seeking His guidance and direction. Before they talk to people about God, they talk to God about the people He has placed in their lives. They reflect on God’s grace and mercy and assess their level of readiness to step out in faith.

In addition to spending time in God’s Word, training in their sport and following the playbook, they fully embrace His love and are eager to share it with others. They are so filled with the Holy Spirit and an awareness of God’s blessings that it overflows to those around them, like Paul tells us in Romans 15:13: “Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit.”

Are you ready to accept God’s call to go and make disciples? God believes you are.  
Now, READY, SET, GO!

## READY TO

- **Go Show:** Allow the Holy Spirit to give you boldness and courage to take the opportunities He brings. ([Matthew 5:16](#))
- **Go Share:** Be prepared to explain the Gospel to others through Scripture and through your personal testimony. ([2 Corinthians 5:20](#))
- **Go Serve:** Meet a need. Give what you can. Share your time and your treasure with everyone the Holy Spirit places in your path. ([1 Peter 4:10](#))

## CONSIDER

- 1 Do an assessment of your time and priorities. Where are they spent the most?
- 2 What adjustments need to be made to your life and schedule to fulfill God's purpose for your life?
- 3 Are you ready to go and make disciples out of the overflow of Christ in you?

## DIVE DEEPER

1 Corinthians 9:24-27 + Hebrews 11:1 + Isaiah 40:31 + Psalm 119:32

*“God thank You for being a God who renews and refreshes our souls. Thank You for the freedom You have given us through Jesus Christ. Would we be a people who leave behind our old ways and thoughts and live in the freedom of all You offer. Give us hope and a future in You and You alone. In Jesus’ name, amen.”*

# BEFORE YOU GO

## CONSIDER

- How have you been living your 24/7?  
Where can you make some needed adjustments?
- Read Romans 15:13. How do you need the God of hope to fill you with joy and peace today?
- Think of someone you can challenge to go through this devotional book with and invite them into the 24/7 journey.
- Share your experience of living out your 24/7 on social with the hashtag #whatsyour247.

# JOIN US ON THE JOURNEY

This year, move from the overwhelm to the overflow of Christ as you engage in new rhythms of Reset, Renew, Refuel, and being Ready.

Stay connected and continue the journey with us with these next steps:

Give us a follow



**#WHATSYOUR247**

Check out [FCA247.org](https://FCA247.org) for more.



# *OVERFLOW WITH HOPE*

# 27

