

FELLOWSHIP OF CHRISTIAN ATHLETES

HEART
OF A
COMPETITOR
▶ **PLAYBOOK** ◀

DAILY DEVOTIONS
FOR A WINNING ATTITUDE


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Letter from FCA

Dear Teammate,

The mark of a true competitor is found in the heart. Here is where every competitive passion begins and where our relationship with God is grown. These thirty-one devotionals are written from a competitor's mind-set and include Bible verses to help you understand God's perspective on key issues. It doesn't matter if you are a coach or an athlete, if you play on a team or compete on an individual level, these devotions will teach you how to live out your faith as a competitor.

Our hope is that this book will motivate you, over the course of one month, to develop a consistent, focused way of spending time with God, so you will deepen your understanding of His Word and become a true competitor for

Jesus Christ. We call these intentional times of reading God's Word "Training Times." You can read more about developing a consistent Training Time in the Introduction.

As a competitor, you have been given a tremendous platform from which to influence others. We pray that God will use these devotions to transform your life as a competitor so that you can make an eternal impact for Jesus Christ.

*Make an Impact,
The Fellowship of Christian Athletes*

Introduction

Training Time

In sports, time-outs give athletes and coaches a chance to strategize for upcoming challenges. Similarly, in life, we need to take time-outs to think about our purpose as members of God's team. FCA is excited to present you with a collection of devotions that will challenge you to play and live for the glory of God. Each devotion is written from an athletic perspective and will encourage you to be more like Christ both on and off the field.

Every day, set aside a special quiet time to be with God. During this spiritual training time, talk to God and let Him speak to you through the Bible. There are many effective methods that can be used

for your daily time with God. One method that we recommend is the PRESS method.

The PRESS Method

Pray

Begin your quiet time by thanking God for the new day, and then ask Him to help you learn from what you're about to read. Prepare yourself by

- clearing your mind and being quiet before the Lord
- asking God to settle your heart
- listening to worship music to prepare your spirit
- asking God to give you a teachable heart

Read

Begin with the thirty-one devotionals provided in this book. Also, try reading a chapter of Proverbs every day (there are thirty-one chapters in the book of Proverbs, which makes it ideal for daily reading), one psalm, and/or a chapter out of the Old or New Testament. You may consider beginning with one of the Gospels (Matthew, Mark, Luke, or John), or one of the shorter letters, such as Ephesians or James.

Examine

Ask yourself the following questions with regard to the passage you read:

- *Teaching*: What do I need to *know* about God, myself, and others?
- *Rebuking*: What do I need to *stop* doing—sins, habits, or selfish patterns?
- *Correcting*: What do I need to *change* in my thoughts, attitudes, or actions?
- *Training*: What do I need to *do* in obedience to God's leading?

Summarize

Do one of the following:

- Discover what the passage reveals about God and His character, what it says or promises about you, and what it says or promises about others (such as your parents, friends, or teammates). Write your thoughts down in a personal journal.
- Rewrite one or two key verses in your own words.
- Outline what each verse is saying.
- Give each verse a one-word title that summarizes what it says.

Share

Talk with God about what you've learned. Also, take time each day to share with another person what you learned during that day's study. Having a daily training time is the key to spiritual development. If you commit to working through these thirty-one devotionals over the next month, you will establish this as a habit—one that will be vital to your growth in Christ.

If you are committed to establishing this daily training time with God, fill out the box below.

I will commit to establishing a daily habit of spending time with God.

Signed _____

Today's Date _____

Writers

We have invited athletes, coaches, and team chaplains from all levels (in addition to FCA staff) to

contribute their time, talent, and experience in writing these devotions. These writers come from diverse backgrounds and include representatives from a variety of sports, including baseball, soccer, basketball, football, lacrosse, track and field, and others.

Format

Ready A verse or passage of Scripture that focuses or directs your heart and mind. Turn to the Scripture reference in your Bible and read it within the overall context of the passage.

Set A teaching point (a story, training point, or thought taken from a sports perspective) that draws a lesson from the passage.

Go Questions that will help you examine your heart and challenge you to apply God's truth to your life—on and off the field.

Workout Additional Scripture references to help you dig deeper.

Overtime A closing prayer that will help you commit to the Lord what you have learned.

To receive the daily email devotional “FCA’s Impact Play,” go to www.FCA.org.

1

Trust God

MIKE FISHER

Ready

“Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”—Proverbs 3:5–6 (NLT)

Set

As a young athlete, I did my best to balance my hockey career with my faith. At the age of nineteen, my faith was tested when I suffered a serious knee

injury. After the game, I knew I was done for the year. My mom called me and said, “Remember, God doesn’t make mistakes. Trust in Him and it will be okay. He’ll use it for good.” At the time, I didn’t want to hear it, but in the long run, she was right.

You can hope that everything is going to be perfect, but God doesn’t promise that life will be free of troubles. We won’t always understand why we’re struggling or why things aren’t going our way. But He does promise that if we put our trust completely in Him, He will take care of our needs and give us the strength to make it through the trials of life.

Trust takes time. We all love to be in control. I can tell you from experience that it’s freeing when you begin to give that up. Ultimately, the most important decision you can make is to give your life over to Christ and trust Him with it. When you can do that, your fears will begin to fade and your trust in Him will begin to grow.

Go

1. What are some areas where you find it easy to trust God? With what areas of your life do you find it difficult to trust God?
2. How does fear impact your ability to trust God? How can you overcome this fear?
3. What are some things with which you need to do a better job trusting God?

Workout

Matthew 6:25–34; Romans 8:28–31; Psalm 37:4–6; Joshua 1:9

Overtime

Lord, help me to surrender my thirst for control and trust You more in every area of my life, including sports. Relieve me of my fear and doubt and allow me to see Your power moving in my life. Amen.

journal

journal