

# Athlete's TableTalk

## THROW-RUN-FIX!

read

Hebrews 12:1-3

think

Recently, our world has experienced a major SHIFT! Shift: a slight change in position or direction. The rhythms and routines of our daily life have been changed, and everyone has been affected. As athletes, you've had a season cancelled or it has been shifted to a later date. Many so-called experts say they have the answers, but truth is EVERYTHING is shifting daily! Where can we find the real answers?

Those answers are found in Jesus!

It is in Him – the One who will give us the truth we need. He IS the truth! (John 14:6)

Hebrews 12:1-3 offers some great encouragement as you are going through this SHIFT during your sporting season.

**You Are Not Alone:** "Therefore, since we are surrounded by such a great cloud of witnesses." In Hebrews 11, we read about the people who are in the "Bible's Hall of Faith". These people walked similar roads you're on, enduring hard times, waiting and facing disappointments. These people were sure and hopeful. Now, they "cheer" you on to do the same!

**You Are in a Marathon, Not a Sprint:** As you go through this SHIFT, know that we are in a race. This race involves so much more than temporary pleasure or success. It involves seeing each experience as moving you toward a bigger goal. See what Paul says about pressing on towards the goal in Philippians 3:12-14. Paul loved using racing terms to share about the Christian life.

**Focus on Kingdom Things:** Look at the fictitious word that is created here and use it for your own source of encouragement. THROW-RUN-FIX. THROW off the things that distract you, including sin. RUN the race that God has specifically set you up for. FIX your eyes on Jesus and His Kingdom. Don't fix your eyes on your lost season. Don't fix your eyes on major SHIFTS you've had to make. **FIX YOUR EYES ON JESUS!**

Say it together as a family, THROW-RUN-FIX!

Use this Acronym to help you THROW-RUN-FIX during this current SHIFT in your season of change.

**S**peak to God about your fears and frustrations

**H**onor God with your attitude

**I**nvoke God to make changes in you (Let Him work in you before He works through you)

**F**ocus on those things that you have control over (Control the controllable)

**T**rust God's plans for you

What is God teaching you during this time?

There are certain elements in every successful athlete's routine:

1) a playbook, 2) good communication, and 3) teamwork

These help every great athlete accomplish their goals. During this time take the Bible (*your playbook*) and make it a daily priority in your life. Take the time and pray (*good communication*) with God. Get online and watch a church service (*your team*). These things will help you accomplish the goal of THROW-RUN-FIX during this SHIFT.

apply

pray

God, help me see this time through your eyes. There is so much I'm unsure of. But, the one thing I'm sure of is that You are in control of all things. Help me to trust you and grow in my faith during this time. I admit that I'm disappointed in how this experience has played out. But, I'm in this for the long game. Help me trust You in the day-to-day. Amen.

by Grant Medford and Lyle Witcher

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