

La Crosse Devotional

Introduction

- ◆ We are all in this together
- ◆ Competition in running
 - ◆ Beauty vs. Endless Endeavor
- ◆ Pursuit of excellence
- ◆ The trap of comparisons

Comparisons

- ◆ Everyone has a different walk of life
- ◆ Everyone has their own relationship with God
- ◆ Everyone has their own “relationship” with running
- ◆ Everyone has their own strengths and weaknesses

Proverbs 3:5-6

- ◆ “Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.”
- ◆ Don’t compare your journey to others’. God wants us to be focus on Him.

Gratitude

- ◆ A form of positive psychology
- ◆ Gratitude, in short, is “when one highlights the positive things and emotions in their life”
- ◆ Different depths of gratitude
- ◆ Main idea: Gratitude reciprocates

Thessalonians 5:18

- ◆ “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”
- ◆ Everyone has different circumstances, don’t compare yours, rather embrace and be thankful.

Psalm 16:11

- ◆ “You will make known to me the path of life;
In Your presence is fullness of joy.”
- ◆ When we are focus on God and let Him into
our lives, He will bring joy.

Grit

- ◆ Another form of positive psychology
- ◆ Grit is the “perseverance and passion for long-term goals”
- ◆ Rocky Scene

Proverbs 24:16

- ◆ “Though a righteous man falls seven times, he rises again.”
- ◆ Importance of “righteous”
- ◆ Whatever we think about our identity or who we are will be manifested, including our thoughts during a race