



VERTICAL SPORTS

3D DEVOTIONAL

5/3 – Keeping the Main Thing the Main Thing

Sport: Focus On Your Position – Part of volleyball is knowing where you are on the court and your responsibility. One key aspect is owning your position – where you are playing on the court at a given time. If the ball comes into your zone you have to be ready to defend (set or bump the ball) and establish your teams offensive possession. If you aren't paying attention, fail to call the ball (say "Mine"), or freeze up, you can lose focus and take yourself out of the play. It's important to remain focused on your position and the game!

Life: Staying in Focus – It can be a hard task to keep your focus. School especially, you have a bunch of different classes you go to and things you are learning, it can be hard to keep up. But as you go to a new class if you can stay focused you can be prepared for what you are about to learn. Even at home, doing chores, or working on projects can easily take longer when our focus is somewhere else. You might find yourself thinking about a sporting event or a game you want to play later, and that chore ends up taking longer than you planned. Or you might even do it the wrong way and have to start all over.

Truth: Israel Loses Focus – We just heard last week about how God calls Moses to go up to a mountain called Mount Sinai. Here is where God gave Moses the 10 Commandments among other commands. But Moses was up there for 40 days! The people of Israel didn't know how long Moses was going to be up there and in the time Moses was gone they grew impatient and lost focus on God.

Exodus 32:1 When the people saw that Moses delayed in coming down from the mountain, they gathered around Aaron and said to him, "Come, make gods for us who will go before us because this Moses, the man who brought us up from the land of Egypt—we don't know what has happened to him!"

They now wanted their own little "g" god. Remember they just came from Egypt where they were around little "g" gods for years and years. So now they wanted one for themselves. Instead of focusing on what God had done for them, the amazing things they had seen Him do, and His presence being with them – They wanted a god made for themselves. They made an idol (An idol is anything that takes the place of and is worshipped above God in the Old Testament we learn of different idols formed after false gods made up of material things such as stone or wood).

Even in our life we can take our eyes off God, what he has done for us, ways we have seen Him work in our lives, and even knowing He is with us – and create idols in our life that become more important, and we give more of our time and energy toward those things.

What are some things that could become or are an idol in our lives? (sports, money, video games, success, status)

If there are any idols – the fancy word is repent – but it means to turn away from or have a change of mind. If you're turning away from one thing you have to be turning towards something else and that something is actually as someone – JESUS! **He needs to be our main thing.**

Pray

Always give opportunity for kids/parents to respond, let them know that they can always talk to you after practice.