



ARE
YOU
READY?

On your Mark...
Get Set...
DREAM!

James 1:2-12

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

James 1:2-12

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.

James 1:2-12

Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do. Believers who are poor have something to boast about, for God has honored them.

James 1:2-12

And those who are rich should boast that God has humbled them. They will fade away like a little flower in the field. The hot sun rises and the grass withers; the little flower droops and falls, and its beauty fades away. In the same way, the rich will fade away with all of their achievements.

James 1:2-12

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.



**KEEP
CALM
AND
TRAIN
EVERYDAY**

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

1 Corinthians 9:25



KEEP

YOUR EYES

ON

THE

PRIZE

1. Keep it simple

2. Keep it specific

3. Keep it sensible



SPORTS SPECIFIC TRAINING

- Fully in shape
- Fully functioning
- Fully Operational

FUEL YOUR BODY



Feed your soul



Rest.

Come to me, all you who are
weary & burdened,
& I will give you rest.

Matthew 11:28





Have perfect
form