

TEAM SPORTS devotions

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Strategy of Patience

Galatians 5:22-23a, James 1:4, Psalm 37:7



What does it mean to be patient? Being patient means carefully doing something without hurrying. In football, timing is important when running plays. Getting in a hurry can cause the play to fall apart. With careful timing, you can run a successful play. **What are some plays that require patience for proper timing?**



*But the fruit of the Spirit is love, joy, peace, **patience**, kindness, goodness, faithfulness, gentleness and self-control.*

Galatians 5:22-23a



How do you feel when you have to wait? Do you get restless? Patience also means being willing to wait for something good without being restless. God's word says *"Let your patience show itself perfectly in what you do. Then you will be perfect and complete and will have everything you need."* James 1:4 **Do you trust when people ask you to wait and be patient?** Waiting is not always easy and we may not understand why it is good to wait. We can trust that our Heavenly Father always knows what is best for us. Sometimes he wants us to wait. We can trust that when we are willing to wait for something good without being restless, we will have everything we need.



When you feel like you just can't wait, what do you do? Sometimes we think we need something right away, but God wants us to wait. Think about why it might be better to wait. Trust that your Heavenly Father has a reason for asking you to wait. Ask him to give you patience and thank him for it. Try memorizing this verse to help you wait: *"Be still and wait patiently for the Lord to act."* Psalm 37:7

PRAY

Heavenly Father, you always know what is best for me. Help me trust you when you ask me to wait. Also help me trust my coaches, parents, and teachers when they ask me to wait. When I feel impatient, help me be still and wait for you. Amen