



December 7, 2016

## Off Season – Time to Get Ready!

*“For the LORD is a great God, a great King above all gods.” (Psalm 95:3)*

It’s that time of year. Christians around the World are preparing for Christmas. Baseball players are training and preparing for the Spring Season.

What does it mean to prepare? How are you preparing?

As a player the word off-season means clinics, conditioning programs, and skills training camps. It’s important to make sure you are prepared for the upcoming season. While, this may include training, reviewing and reflecting on the past season and picking areas to improve upon; the most important thing you can do is take time out, relax, and reflect! We all need time to recharge. In fact, it is recorded in the Gospels where Jesus took time out to “recharge” and spend quite time with God.

The season of Advent began November 27<sup>th</sup>. The word “Advent” means “coming,” which makes sense because during this season, Christians remember and celebrate the coming of God to earth as a little child – Jesus. It is a time to reflect on the miracle of God coming to earth to atone for our sins and bring peace between God and man.

*‘Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.’ (Luke 2:10–11)’*

Christmas is a significant time, and significant times deserve ample preparation. That’s what Advent is for; a time of reflection, a time of joy, and a time of wonder.

During this “getting ready season” make sure to take time out and recharge your mind and body and reflect on the coming of Jesus.

**Questions:** How can you use the season of Advent to prepare your heart for Christmas?

**Challenge:** Spend some quiet time each day during this “off season” and Advent. Listen to what God places in your heart. Rejoice, pray, and give thanks always in everything.

**Prayer:** Thank you Lord for your example. Thank you for calling me to partner with you to reflect your love and truth to my family, teammates and opponents. Grant me the wisdom and confidence to help my coaches build a team culture focused on you. Amen

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