

# The 5 S's for the Christian Athlete

In athletics, many are familiar with the 5 S's of sports training: stamina, speed, strength, skill, spirit. These components are necessary in order to be a well-trained athlete. However, there are an additional 5 S's for the Christian athlete: **Sovereignty**, **Sacrifice**, **Service**, **Surrender**, and **Security**.

## **Sovereignty**

When things seem to be going crazy or when things seem to be going great both on and off the court, remember that the Lord Jesus is in absolute control of all situations, including yours. "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose." - Romans 8:28

## **Sacrifice**

All ability to do anything (live, breath, dribble, run, etc.) comes from the Lord Jesus Christ. Therefore, submit your gifts, talents, and abilities to Him. "Therefore, I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship." - Romans 12:1

## **Service**

Never play to impress or satisfy anyone (coaches, fans, scouts, etc.). Always play for the glory of the Lord Jesus Christ and serve Him with your athletic ability. "Whatever you do, do your work heartily, as for the Lord rather than for men." - Colossians 3:23

## **Surrender**

As the doors of opportunity open and close remember to trust the Lord Jesus and surrender your will and your plans to Him. "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 your paths straight." - Proverbs 3:5-6

## **Security**

Because the God who created all things and sustains all things is with you, you can face any challenge and be victorious. "Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go." - Joshua 1:9

*"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him." – Colossians 3:17*