



FCA Impact Play: **"True Satisfaction"**

READY:

"He is the image of the invisible God, the firstborn over all creation; because by Him everything was created, in heaven and on earth, the visible and the invisible, whether thrones or dominions or rulers or authorities—all things have been created through Him and for Him. He is before all things, and by Him all things hold together. He is also the head of the body, the church; He is the beginning, the firstborn from the dead, so that He might come to have first place in everything."

-Colossians 1:15-18

SET:

True satisfaction. . . People search for it every day. Some people spend a lifetime trying to be satisfied. They surround themselves with DVD's, MP3's, video games, clothes, cars and relationships, hoping that more of this world will satisfy them. As coaches and athletes we too often try to find satisfaction in our practices, competitions and victories. Yet, none of these things will satisfy.

Colossians 1:17 says, "He is before all things and by Him, all things hold together." Jesus Christ is the source of true satisfaction. In verse 18 the Bible says, "He is the head of the body, the church. . . so that He might come to have first place in everything."

It's easy to lose sight of the fact that as Christians, Christ should be our number-one priority. He should be the reason we wake up, the reason we breathe, the reason we coach, practice and play.

This, however, is a tremendous challenge. We have relationships, commitments and schedules that pull us in a million different directions. Refocus and get back to the basics. Daily spend time in prayer, reading the Word of God and being accountable to a fellow brother or sister in Christ. If we refocus on our first priority we will eventually find true satisfaction.

GO:

1. What are things that I try to surround myself with--things in which I try to find satisfaction?
2. What number (priority) would I currently rank Jesus Christ in my

life?

3. What areas in my life do I need to refocus in order to make Jesus my top priority?

WORKOUT:

Psalm 104:24

John 1:3

Ephesians 1:20-23

OVER-TIME:

"God, allow me to see the areas of my life in which I have tried to find satisfaction. Reveal to me the things that I have put before Your Son. Give me the wisdom and guidance to refocus my priorities, to constantly seek Your face and find satisfaction that only You can provide."

ABOUT THE AUTHOR:

Danny Burns is the Manager of Online Ministries at FCA's national headquarters in Kansas City, Mo. After serving as a Huddle Leader and varsity distance runner at Northwest Missouri State University, he has a passion for using the internet to inform, empower and equip coaches and athletes to grow in their relationships with Jesus Christ. He and his wife, Ashley, reside in Independence, Mo.