

A group of volleyball players and coaches posing on a court. The players are wearing black and grey uniforms, and some are wearing knee pads. They are all smiling and looking towards the camera. The background is a wooden volleyball court with a red mat.

# SHUT UP AND SERVE

52 Weekly Devotionals

Silencing every excuse, lie, and fear to serve God and others wholeheartedly.



SHUT UP AND SERVE

# Weekly Devotional

One devotional per week — 52 weeks

<b>WK 01</b>	<b>The Reality of Sin</b> Romans 3:23 (NIV)	<b>WK 27</b>	<b>The World Cannot Wait for Your Comfort</b> Acts 1:8
<b>WK 02</b>	<b>The Cost of Sin</b> Romans 6:23 (NIV)	<b>WK 28</b>	<b>God Doesn't Call the Qualified</b> 1 Corinthians 1:27
<b>WK 03</b>	<b>God's Love</b> Romans 5:8 (NIV)	<b>WK 29</b>	<b>Obedience Is an Act of Worship</b> Romans 12:1
<b>WK 04</b>	<b>It Is Finished</b> John 10:20 (NIV)	<b>WK 30</b>	<b>Shut Up the Fear and Go</b> Leviticus 41:10
<b>WK 05</b>	<b>Your Response</b> Romans 10:9 (NIV)	<b>WK 31</b>	<b>Your Story Is Someone's Lifeline</b> Revelation 12:11
<b>WK 06</b>	<b>The Promise</b> Romans 10:13 (NIV)	<b>WK 32</b>	<b>Love Is a Verb</b> 1 John 3:18
<b>WK 07</b>	<b>Your New Identity</b> John 1:12 (NIV)	<b>WK 33</b>	<b>Use What You've Been Given</b> Luke 12:48
<b>WK 08</b>	<b>New Creation</b> 2 Corinthians 5:17 (NIV)	<b>WK 34</b>	<b>Rest, Then Rise</b> Leviticus 40:34
<b>WK 09</b>	<b>Born Again</b> John 3:3 (NIV)	<b>WK 35</b>	<b>They Are Waiting for You</b> Romans 10:14
<b>WK 10</b>	<b>The Only Way</b> John 14:6 (NIV)	<b>WK 36</b>	<b>Silence Every Lie That Keeps You Sitting Down</b> John 8:44
<b>WK 11</b>	<b>No Condemnation</b> Romans 8:1 (NIV)	<b>WK 37</b>	<b>The King on a Colt</b> Zechariah 9:9
<b>WK 12</b>	<b>The Joy of the Lord Is Your Strength</b> Nehemiah 8:10	<b>WK 38</b>	<b>Run the Race Marked Out for You</b> Hebrews 12:1-2
<b>WK 13</b>	<b>The Secret of Overcoming All Things</b> Philippians 4:12-13	<b>WK 39</b>	<b>Your True Fuel</b> Matthew 4:4 (NIV)
<b>WK 14</b>	<b>Consider It a Gift</b> James 1:2-4	<b>WK 40</b>	<b>Created on Purpose</b> Genesis 1:1-3 (NIV)
<b>WK 15</b>	<b>Rescued from Darkness</b> Colossians 1:12-13	<b>WK 41</b>	<b>He Will Guide You</b> Isaiah 30:21 (NIV)
<b>WK 16</b>	<b>Adopted as God's Beloved</b> Ephesians 1:4-6	<b>WK 42</b>	<b>It's Never Too Late to Step Up</b> John 3:16 (NIV)
<b>WK 17</b>	<b>You Are God's Masterpiece</b> Ephesians 2:10	<b>WK 43</b>	<b>The King Is Here</b> Mark 1:15 (NIV)
<b>WK 18</b>	<b>His Poetry in Motion</b> Ephesians 2:10	<b>WK 44</b>	<b>New Every Morning</b> Lamentations 3:23 (NIV)
<b>WK 19</b>	<b>My Father! My True Father!</b> Galatians 4:6	<b>WK 45</b>	<b>Feet Like a Deer</b> Psalm 18:33 (NIV)
<b>WK 20</b>	<b>Stop Waiting for Perfect Conditions</b> Ecclesiastes 11:4	<b>WK 46</b>	<b>The Good Shepherd</b> John 10:11 (NIV)
<b>WK 21</b>	<b>Your Weakness Is the Point</b> 2 Corinthians 12:9	<b>WK 47</b>	<b>Enter with Praise</b> Psalm 100:4 (NIV)
<b>WK 22</b>	<b>Go Anyway</b> Isaiah 1:9	<b>WK 48</b>	<b>Side Out!</b> 2 Corinthians 5:21 (NIV)
<b>WK 23</b>	<b>The Harvest Needs Workers</b> Matthew 9:37-38	<b>WK 49</b>	<b>Strength From Within</b> Ephesians 3:16-19 (NIV)
<b>WK 24</b>	<b>Small Is Sacred</b> Luke 16:10	<b>WK 50</b>	<b>Stand Strong</b> Ephesians 6:10-12 (NIV)
<b>WK 25</b>	<b>Serve the One in Front of You</b> Matthew 25:40	<b>WK 51</b>	<b>Not Alone</b> Matthew 18:19-20 (NIV)
<b>WK 26</b>	<b>Excuses Are a Luxury Obedience Can't Afford</b> 1 Samuel 15:22	<b>WK 52</b>	<b>Draw Near</b> James 4:8 (NIV)

# How to Use This Devotional

---

This devotional was created by a group of players and coaches who share a love for God and a love for volleyball. The goal is to help start meaningful conversations with your team and allow the Holy Spirit to lead each person into a deeper relationship with God through Jesus Christ.

THE STRUCTURE FOLLOWS TERMS YOU ALREADY KNOW FROM VOLLEYBALL:

## RECEIVE

Volleyball is built on a good pass and serve receive. With it, the offense can run smoothly — without it, you can't even play the game. In the same way, this section is designed to help you learn God's Word, which is the foundation of our walk with Him.

(Matthew 4:4; Matthew 7:24–29; Mark 4:1–20)

## SET

A great setter can take a ball spinning out of control and place it exactly where it needs to be for an attack. In the same way, God's Word brings order to our lives when things feel chaotic and helps align our hearts with Him.

Colossians 3:2 calls us to set our minds on things above.

## ATTACK

A strong attack requires the right approach, explosiveness, and follow-through. Ephesians 3:12 tells us that in Christ, we can approach God with freedom and confidence. This section is a prayer to our Father, helping us learn how to approach Him boldly and personally.

## BLOCK

We have a spiritual opponent — Satan — who seeks to deceive and destroy (John 10:10; John 8:44; 1 Peter 5:8–9). As we learn God's Word, we are equipped to stand against those lies. This section is a declaration of truth to block what comes against us.

## DIG

On the court, you do everything you can to keep the ball from hitting the floor. In this section, additional Scriptures help you keep God's Word alive and active in your heart.

(1 Timothy 3:16; Hebrews 4:12)

## SERVE

Serving is one part of volleyball you do on your own, with your own style and creativity. This section is an opportunity to personally apply what you've learned and put it into action in your daily life.

(1 Peter 4:10; Colossians 3:23; Matthew 25:14–30)



# The Reality of Sin

---

## RECEIVE

**ROMANS 3:23 (NIV)**

*"For all have sinned and fall short of the glory of God."*

## SET

Even the best volleyball players in the world miss serves, hit balls out of bounds, and shank passes. Every point comes from someone's mistake—either your team or the other side.

We all know it—no one is perfect.

No matter how hard we try, we all fall short. It's easy to compare ourselves to others and think we're doing "good enough," but God's standard isn't other people—it's perfection.

This isn't meant to discourage us—it's meant to show us the truth. God is perfect but we all need help. We all need Jesus Christ, who lived the perfect life we couldn't live.

---

## ATTACK

*God, I have fallen short time and time again — on and off the court. Please forgive my pride and my tendency to compare myself to others. Help me focus on You and rest in Your love. Amen.*

## BLOCK

I block the lie that it's all up to me or that I'm 'good enough' on my own. I know I need God, and I'm not afraid to admit it.

---

## DIG

**1 John 1:8 (NIV)**

*"If we claim to be without sin, we deceive ourselves and the truth is not in us."*

---

## SERVE

1. Where do you tend to compare yourself to others instead of looking to God?
2. What would it look like to be honest about your need for Him?



# The Cost of Sin

---

## RECEIVE

**ROMANS 6:23 (NIV)**

*"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."*

## SET

If you work, you get paid. Sin also pays — but its payment is death.

Sin isn't just a mistake — it has a real cost. Left on our own, it leads to separation from God.

But that's not the end of the story. In the same verse, we see hope. God offers a gift — not something we earn, but something freely given through Jesus. He lived the life we should have lived and died the death we should have died.

---

## ATTACK

*Father, help me understand the weight of my sin. My sin separated me from You, but You didn't leave me there. Thank You for the precious gift of Jesus. Thank You for offering me life through Him and for the beauty of Your grace. Amen.*

## BLOCK

I block the lie that my sin is no big deal — my sin cost Jesus His life. I also reject the lie that I'm too far gone — God offers me life.

---

## DIG

**1 Corinthians 15:56 (NIV)**

*"The sting of death is sin, and the power of sin is the law."*

---

## SERVE

1. How do you view sin in your life — seriously or casually?
2. What does it mean to you that eternal life is a gift, not something earned?



# God's Love

---

## RECEIVE

### ROMANS 5:8 (NIV)

*"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."*

## SET

God didn't wait for you to clean yourself up. He didn't wait for you to get it together.

He loved you at your worst — while you were still a sinner.

Jesus went to the cross knowing every mistake you would make, and He chose to die for you anyway. And not just for you, but for the whole world. The life He lived and the death He died have the power to transform anyone who turns to Him and trusts Him.

---

## ATTACK

*God, help me understand how deeply You love me. My past can be forgiven, and my life can have real purpose in You. Let that truth change the way I see myself and live today. Amen.*

## BLOCK

I block the lie that I have to earn God's love. I could never earn it. Through Christ, I am a child of God — fully loved and accepted. He loved me first, even at my worst.

---

## DIG

### 1 John 4:10 (NIV)

*"This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins."*

---

## SERVE

1. Do you truly believe God loves you right now — not a future version of you?
2. How would your life change if you lived from that truth?



# It Is Finished

---

## RECEIVE

**JOHN 19:30 (NIV)**

*"It is finished."*

## SET

As athletes, we often push ourselves to the limit. We tend to think we always need to do more—train harder, achieve more, prove more.

But Jesus shows us something different.

When He was pushed to the limit on the cross, the work was done. Jesus lived the life we should have lived and died the death we should have died. And with His final words, He declared that the work was complete.

"It is finished."

There is nothing you can add to it, and there is nothing you can take away from it. That means your sin is paid for. The price has already been covered. His mission to save us was not partial—it was complete.

---

## ATTACK

*Father, thank You for giving Your life for me. Thank You for saving me and finishing what You started on the cross. Help me live in the freedom of what You have already done. Amen.*

## BLOCK

I block the lie that I have to earn God's love. Jesus said "It is finished," which means I am made new and accepted because of Him.

---

## DIG

**Philippians 1:6 (NIV)**

*"He who began a good work in you will carry it on to completion..."*

---

## SERVE

1. Where are you still trying to earn what Jesus has already finished?
2. What would it look like to live today like the work is already complete?



# Your Response

---

## RECEIVE

### ROMANS 10:9 (NIV)

*"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."*

## SET

As you hear about God's love, you have to realize this: the gospel isn't just something to hear — it's something to respond to.

You put action behind your words. You shut up the lies and excuses, and you make a decision.

Faith isn't passive. It's choosing to trust Jesus, believe in Him, and surrender your life to Him.

You don't have to have it all figured out — you just have to take a step.

---

## ATTACK

*Jesus, I choose to trust You. I believe You are the Son of God who lived the life I should have lived and died the death I should have died. Three days later, You rose from the dead, proving You are the Son of God. Help me live boldly in my faith and not hold back. Amen.*

## BLOCK

I block the lie that I'll follow Jesus later. Today is the day I choose Him.

---

## DIG

### Romans 10:10 (NIV)

*"For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved."*

---

## SERVE

1. Have you made a real decision to follow Jesus — or just thought about it?
2. What's one step you can take today to live that out?



# The Promise

---

## RECEIVE

**ROMANS 10:13 (NIV)**

*"For everyone who calls on the name of the Lord will be saved."*

## SET

This promise is simple — and it's for everyone.

You will never earn it on your own. It's a gift from God, who sent Jesus Christ to live the life you should have lived and die the death you should have died. Three days later, He rose from the dead, proving He is the Son of God and offering salvation to all who call on Him.

You just have to call on Him.

God isn't holding back from you — He's inviting you in.

---

## ATTACK

*God, I call on You to save me. Take me from the life I've been living into the life You offer through Christ. Guide me, transform me, and lead me into who You've called me to be. I trust You with my life. Amen.*

## BLOCK

I block the lie that I'm not included or not worthy. God's promise is for me. He is the one calling me — it's not about my works, it's about His grace.

---

## DIG

**Psalm 145:18 (NIV)**

*"The Lord is near to all who call on him, to all who call on him in truth."*

---

## SERVE

1. Have you personally called on Jesus?
2. Who in your life needs to hear this truth?



# Your New Identity

---

## RECEIVE

**JOHN 1:12 (NIV)**

*"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."*

## SET

When you choose to follow Jesus, something changes. You're not just forgiven—you're adopted.

You're no longer defined by your past, your mistakes, or what others say about you. You are now a child of God. That means you are chosen, loved, and secure in Him.

This isn't something you earn—it's something you receive. And once you understand that, it changes everything. You don't live trying to prove yourself—you live from a place of identity.

---

## ATTACK

*Father, thank You for calling me Your child. Help me live from that identity every day. Remind me that I am chosen, loved, and secure in You. Amen.*

## BLOCK

I block the lie that I am defined by my past or my mistakes. I am a child of God—chosen, loved, and secure in Him.

---

## DIG

**1 John 3:1 (NIV)**

*"See what great love the Father has lavished on us, that we should be called children of God!"*

---

## SERVE

1. Do you truly see yourself as a child of God?
2. How would your life change if you lived from that identity every day?



# New Creation

---

## RECEIVE

**2 CORINTHIANS 5:17 (NIV)**

*"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

## SET

When you give your life to Jesus, you don't just get a fresh start—you become something new.

God doesn't just clean up your past—He gives you a new identity. The old life, the old habits, the old labels—they don't define you anymore. You are a new creation. You have a new identity as a child of God. You've been brought into a new family of believers—what God calls His Church. You are not alone. You are one of billions who have made the decision to follow Christ.

That doesn't mean you'll be perfect, but it does mean you're no longer the same person. You don't have to go back to who you were.

---

## ATTACK

*God, thank You for making me new. Help me leave behind my old life and step fully into who You've created me to be. Give me the strength to walk in this new identity every day. Amen.*

## BLOCK

I block the lie that I'm stuck in my old ways. I am not who I used to be—I am made new in Christ.

---

## DIG

**Romans 6:4 (NIV)**

*"We were therefore buried with him through baptism into death... in order that, just as Christ was raised from the dead... we too may live a new life."*

---

## SERVE

1. What part of your 'old life' do you need to leave behind?
2. What would it look like to live today like you are truly a new creation?



# Born Again

---

## RECEIVE

**JOHN 3:3 (NIV)**

*"Jesus replied, 'Very truly I tell you, no one can see the kingdom of God unless they are born again.'"*

## SET

Jesus said something that completely changed how people understood faith—you must be 'born again.'

He wasn't talking about starting over physically, but spiritually. It means your life is made new from the inside out.

Being born again isn't about trying harder or becoming a better version of yourself. It's about being transformed by God. Your old life is gone, and a new life begins through Him.

This is where everything changes—your identity, your purpose, and your relationship with God.

---

## ATTACK

*God, thank You for giving me new life through You. Help me understand what it means to be born again and live fully for You. Transform my heart and lead me in Your truth every day. Amen.*

## BLOCK

I block the lie that I just need to try harder or be better. God has made me new—I am born again through Him.

---

## DIG

**Titus 3:5 (NIV)**

*"He saved us through the washing of rebirth and renewal by the Holy Spirit."*

---

## SERVE

1. What does being 'born again' mean to you personally?
2. How does this change the way you live your life today?



# The Only Way

---

## RECEIVE

**JOHN 14:6 (NIV)**

*"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"*

## SET

In a world full of opinions, options, and different paths, Jesus makes a bold and clear statement—He is the only way.

He doesn't say a way—He says the way. That can feel uncomfortable, because we're used to thinking there are many paths to God. But Jesus removes the confusion. If we want a relationship with God, it comes through Him.

Why? Because He's the only one who lived a perfect life, died for our sins, and rose again. He didn't just show us truth—He is the truth.

Following Jesus isn't about adding Him to your life—it's about trusting Him as the only way to life.

---

## ATTACK

*Jesus, I trust You as the only way to the Father. Help me stand firm in truth, even when it's not popular. Give me boldness to follow You fully and not hold back. Amen.*

## BLOCK

I block the lie that there are many ways to God. Jesus is the way, the truth, and the life—and I choose to follow Him.

---

## DIG

**Acts 4:12 (NIV)**

*"Salvation is found in no one else, for there is no other name under heaven... by which we must be saved."*

---

## SERVE

1. Do you truly believe Jesus is the only way—or just one of many options?
2. What does it look like to fully trust Him in your life this week?



# No Condemnation

## RECEIVE

**ROMANS 8:1 (NIV)**

*"Therefore, there is now no condemnation for those who are in Christ Jesus."*

## SET

Imagine trying to jump with a weight vest on. At first, you might think you can handle it, but eventually it slows you down so much you just want to throw it off. Once it's gone, you can move freely—every play feels lighter and easier. That's what condemnation does.

Because of Jesus, your past no longer defines you. Condemnation tells you that you're guilty, stuck, and not good enough. But in Christ, that weight is gone. You're not trying to earn God's approval—you already have it through Jesus.

That doesn't mean you're perfect. It means you're forgiven.

Too many people keep replaying mistakes, carrying guilt, and believing lies about who they are. But God isn't holding your past over your head. Through Christ, He has already set you free.

You don't have to live under that weight anymore.

## ATTACK

*Father, thank You that I am no longer condemned because of Jesus Christ. You want me to walk in freedom, not in the weight of my past, present, or future sin. Help me be free from guilt and condemnation. Show me the power of Your love and sacrifice, and help me live in that freedom. Amen.*

## BLOCK

I block the lie that my past defines me. Nothing can separate me from Christ Jesus. No lie, no past sin, no accusation has power over me because of Him.

## DIG

**Romans 8:38-39 (NIV)**

*"For I am convinced that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*

## SERVE

1. What would it look like to actually walk in freedom today?
2. What guilt or mistake are you still holding onto?



# The Joy of the Lord Is Your Strength

## RECEIVE

### NEHEMIAH 8:10

*"This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."*

## SET

When Nehemiah declared 'the joy of the Lord is your strength,' the Israelites were struggling badly with their identity. They had returned 100 years earlier to Jerusalem after being exiled, and their city and people were still in great insecurity and disarray. Leadership and morale was extremely low until the people listened to Nehemiah, who had left a secure occupation in Persia.

Nehemiah rallied the people to a common cause of rebuilding the wall and pushed back all the opposition and everyone who said it could never be rebuilt. Miraculously, the Israelites worked side by side and in 52 days completed the wall. In celebration, the people gathered together and listened to Nehemiah proclaim God's word and law.

Sometimes your team — your family, your community — may go through great challenges and lose their confidence. However, all it takes is one person to stand up like Nehemiah to help bring a change and turn hearts from sorrow into great joy. May the joy of the Lord be your strength.

## ATTACK

*God, help me find ways to build love, faith, and confidence in my life and the lives around me. Thank you Jesus for setting the example of joy in the midst of great challenge. Help me be led by Your joy. Help me live by Your strength. Amen.*

## BLOCK

I block the lie that I can't make a difference in my life and to those around me. In the midst of great challenges, I will trust You, God, who will never leave or forsake me. I block the lie that my past mistakes will stop or hinder me.

## DIG

### Psalm 16:11

*"You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."*

## SERVE

1. Can you explain a time you felt overwhelmed or in an impossible situation?
2. How did you make it through?
3. Do you struggle thinking your life can make a difference? How can you learn to overcome?



# The Secret of Overcoming All Things

## RECEIVE

**PHILIPPIANS 4:12-13**

*"I know what it means to lack, and I know what it means to experience overwhelming abundance. For I'm trained in the secret of overcoming all things, whether in fullness or in hunger. And I find that the strength of Christ's explosive power infuses me to conquer every difficulty."*

## SET

When Paul wrote this letter to the Philippians, he was in a prison in Rome, chained to a Roman guard. Before he was imprisoned, Paul was almost stoned to death, shipwrecked, and faced heavy persecution — all for his faith and belief that Jesus Christ was the Son of God who died, resurrected, and now gives believers His Spirit to conquer every difficulty.

Paul spoke of the secret of overcoming all things. A man named Epaphroditus traveled over 700 miles to Rome to see Paul in prison, almost died from sickness, then carried this letter another 700 miles back to Philippi to encourage believers to 'rejoice in the Lord' no matter what. The answer: Christ's 'explosive power infuses us to conquer every difficulty.'

In life, there are many challenges that you face. However, as a believer in Christ, you have all you need to be strong and find ways to glorify God no matter what circumstances you face.

## ATTACK

*Father, I want to learn how to trust you through every circumstance I face. I know You are with me and can work through all things, no matter how painful, challenging, or hard to understand. I trust You to help me overcome through Your power working in me — the same power that rose Christ from the dead! Amen.*

## BLOCK

I block and refuse any discouragement from the circumstances I face. I will NOT listen to Satan's lies that would cause me to complain, mistrust, and blame others instead of trusting in God's grace and His plan.

## DIG

**Romans 8:37**

*"No, in all these things we are more than conquerors through him who loved us."*

## SERVE

1. What are some of the biggest challenges you face right now?
2. What helps keep you calm and at peace when facing hardship?
3. What are ways you can learn to trust God to overcome?



# Consider It a Gift

## RECEIVE

### JAMES 1:2-4

*"Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way."*

## SET

Life is riddled with challenges. From setbacks, to fighting for opportunities, overcoming losses, and facing change — to be alive is to learn to overcome. Being a Christian gives you an advantage, because you know He has a plan and His will will be done. Your job is to show up and work. God takes care of everything else.

The tests and trials along the way strengthen us and teach us. These tough times are blessings — often the moments when the best memories are made and the deepest character is formed. Anyone would succeed if it were easy.

Champions of Christ succeed and overcome adversity by putting their faith in the Almighty and staying on track even when challenges attempt to derail their efforts.

## ATTACK

*Dear Lord, thank you for challenging me and helping me grow to be the best servant, teammate, and person on and off the field of life. Thank you for strengthening me and allowing me to flourish through tough times and adversity. Please keep my mind and heart focused on the goal and allow me to live for you!*

## BLOCK

Often the easy road is to quit. But Satan wants us to give up. You are a child of God. Never quit on yourself and those around you. Trust that God will help you overcome whatever obstacle is in your path — and you will be better because of it.

## DIG

### Romans 5:3-4

*"We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."*

## SERVE

1. What is a challenge you are facing right now?
2. Where do you find strength for your challenges?
3. Do you consider your challenges as gifts, knowing God is working through them?



# Rescued from Darkness

## RECEIVE

### COLOSSIANS 1:12-13

*"Your hearts can soar with joyful gratitude when you think of how God made you worthy to receive the glorious inheritance freely given to us by living in the light. He has rescued us completely from the tyrannical rule of darkness and has translated us into the kingdom realm of his beloved Son."*

## SET

During an indoor tournament, the lights in the gym all went out in the midst of games. The whole place stopped — you could barely see anything. Games came to a grinding halt. Everyone wondered how long it would take to restore the lights. Thankfully, it was only about 30 seconds before someone figured it out. The games resumed and everything fell back into place.

God restored light in our lives. Paul writes that God rescued us from the tyrannical rule of darkness and brought us to the Kingdom of His Beloved Son. Our lives without Christ can be similar to that gym where the lights went out — hoping for restoration.

Through Christ, our lives have been restored. His light rescues us from the darkness of sin in this world. Jesus Himself declared: 'I am the LIGHT of the world.'

## ATTACK

*Father, help me out of any darkness in my life. I ask Your light to shine in my life — to restore my soul, my purpose, and my relationship with You and others. Amen.*

## BLOCK

I block the lie that there is too much darkness for God to move in my life. I trust You, God, that Your light overcomes all darkness and changes every dark situation I face to bring You glory.

## DIG

### John 8:12

*"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

## SERVE

1. What are some dark things that come against you?
2. What ways have you found to help you overcome?
3. What are things that make darkness worse — and what brings light?



# Adopted as God's Beloved

## RECEIVE

### EPHESIANS 1:4-6

*"For it was always in his perfect plan to adopt us as his delightful children, through our union with Jesus, the Anointed One, so that his tremendous love that cascades over us would glorify his grace — for the same love he has for the Beloved, Jesus, he has for us. And this unfolding plan brings him great pleasure!"*

## SET

While in prison, Paul writes this heartfelt letter to the Ephesians declaring God's great love for us. He speaks of how God plans a way for each of us to know Him — through the great life and sacrifice of Christ. The beautiful result is through Christ, we become adopted into His family and Kingdom, which brings God tremendous pleasure.

Our adoption allows us the same privilege Christ had — entering into perfect union with God the Father and Holy Spirit. We can approach God not just as a broken sinner, but as a child of God with full access and spiritual blessings through Christ.

Whether you win a great victory, execute perfectly, or miss a play that costs everything — God's love never changes. You are secure in Him, adopted into a Kingdom which never perishes, fades, or leaves you. God absolutely loves watching you give your best for His glory.

## ATTACK

*God, help me realize what it means to be adopted by You. Help me understand more of my identity as Your child. Help me learn to approach you with confidence and joy, knowing you delight in me and love it when I come to you each day! Amen.*

## BLOCK

I block the lie that God does not want to hear my cries and prayers because of my past mistakes. Since Jesus Christ gave His life, I am adopted as a child of God, and I will approach God boldly knowing He delights in me and takes great pleasure in calling me His child.

## DIG

### Romans 8:15-16

*"The Spirit you received brought about your adoption to sonship. And by him we cry, Abba, Father. The Spirit himself testifies with our spirit that we are God's children."*

## SERVE

1. How does this speak to your faith and identity with God?
2. What does it mean to be adopted by God?
3. How does knowing you are God's adopted child change how you approach Him?



# You Are God's Masterpiece

## RECEIVE

### EPHESIANS 2:10

*"We have become his poetry, a re-created people that will fulfill the destiny he has given each of us, for we are joined to Jesus, the Anointed One. Even before we were born, God planned in advance our destiny and the good works we would do to fulfill it!"*

## SET

Did you know God considers you the masterpiece He carefully created, purposed, and planned to be here? God says we are His workmanship — His extraordinary work of art filled with purpose and destiny. Scientists have determined that if the DNA in every cell in your body were unwound and joined together, it would stretch over 93,000,000 miles — to the sun and back. That is how much information God has stored inside you.

You are an absolute masterpiece designed carefully with God's purpose. Before you were ever born, it is essential to know that you are a priceless, one-of-a-kind, stunning creation. Walk through life with the love and purpose found in God through Christ — His love never fails, and He made you exactly how He wanted.

## ATTACK

*Father, I want to understand Your purpose for me. I want to walk in the truth, knowing I have been carefully created to bring You glory. Help me know today that I am Your artistry, Your masterpiece, and Your poetry in motion. Amen.*

## BLOCK

Satan, I refuse to listen to your lies that I am a mistake, that I am not as good as others, and that I will never succeed unless I prove myself over and over. Not today! I will trust God, who says I am exactly the way He wanted me to be, and I am confident that God will work out His glorious purpose through my life.

## DIG

### Psalm 139:13-14

*"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made."*

## SERVE

1. What are some ways you struggle with how God made you?
2. Have you ever wished you were someone else? Explain.
3. What are ways you can learn to trust the way God made you and placed you here?



# His Poetry in Motion

## RECEIVE

### EPHESIANS 2:10

*"We have become his poetry, a re-created people that will fulfill the destiny he has given each of us, for we are joined to Jesus, the Anointed One. Even before we were born, God planned in advance our destiny and the good works we would do to fulfill it!"*

## SET

Did you ever realize that you are His masterpiece, His workmanship, His poetry in motion? Even before you were born, God knew you. He knows everything about you — every thought, every expression, every hair on your head, every cell in your body. You are His artwork designed to express God's beauty and love to a broken world.

You were carefully handcrafted to know God and enjoy His presence as you do the work He has called you to. Of course, your works are not what save you — it's God's love given through Jesus Christ. However, once you know your true identity in Him as your Father, Friend, and Savior, you will love to show your love to Him.

Take a deep breath and realize God called you to know His love, live for Him, and enjoy the celebration of heaven in each day. You are never alone, and God's love never fluctuates with your performance. Thanks to Jesus Christ — His love is always endless.

## ATTACK

*God, help me comprehend more of your love for me. Help me realize that I am Your poetry in motion and Your masterpiece. Help me live with a love for You first and foremost, and trust you to work through my life and relationships. Help me serve you with all my heart. In Jesus' name, Amen.*

## BLOCK

I block every lie from the enemy that tries to tie my value to my performance. Satan, you have no place in my life thanks to Jesus Christ. As a child of the King with the love of God in me, I block every lie which tries to devalue or discredit me. In Jesus' Name!

## DIG

### Jeremiah 29:11

*"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."*

## SERVE

1. How does it make you feel to know you are the artwork and poetry of God?
2. What helps you remember that your value doesn't change based on your performance?
3. How can you encourage someone else today with this truth?



# My Father! My True Father!

## RECEIVE

### GALATIANS 4:6

*"And so that we would know that we are his true children, God released the Spirit of Sonship into our hearts — moving us to cry out intimately, 'My Father! My true Father!'"*

## SET

When Paul wrote these words, he focused on revealing a new mindset for approaching God with faith. In the past, many religious leaders focused on following strict rules. This created fear among God's people that they could never do enough to please God. This fear led to alienation and feelings of separation between God and man.

Paul wrote of a revolutionary gospel which destroyed that separation and revealed a new relationship with God as a Father. Instead of walking in fear and shame, Paul wrote that God wants us to come to Him crying 'My Father! My true Father!' The same Spirit which rose Christ from the dead lives in us.

We can find ourselves struggling with identity — living with constant fear and anxiety based on how we perform. However, the greatest news ever is that our identity has nothing to do with performance. It has everything to do with the life of Christ. Through Him, we can approach the God of all creation exactly as Jesus did — as a beloved child.

## ATTACK

*My Father! My true Father, I come to you today. Help me understand how to walk as Your child. I want to know more deeply that You are pleased with me and that nothing can separate Your love from me. Amen.*

## BLOCK

I block the lie of Satan that I have to perform to earn God's approval. I know the same Spirit which lived in Jesus now lives in me. I will not shy away from Father but will run into His grace and love every day!

## DIG

### John 1:12

*"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."*

## SERVE

1. What does it mean to you to call God 'Father'?
2. Do you struggle with feeling like you have to perform to earn God's love?
3. What would change in your life if you fully believed God sees you as His beloved child?



# Stop Waiting for Perfect Conditions

## RECEIVE

**ECCLESIASTES 11:4**

*"Whoever watches the wind will not plant; whoever looks at the clouds will not reap."*

## SET

There will never be a perfect moment to serve. The schedule will never fully clear. The money will never feel like enough. The fear will never fully go away. Waiting for perfect conditions is just another name for disobedience dressed up in patience.

God doesn't call us to serve when it's convenient — He calls us to serve now, with what we have, where we are. The farmer who waits for perfect weather starves. The disciple who waits for perfect readiness misses the harvest entirely.

Every excuse to delay is a lie. Every 'not yet' is a choice. The world is not waiting for the perfect version of you. It's waiting for the obedient version — the one who shows up anyway.

## ATTACK

*Lord, I confess I've used the wait for 'perfect' as a cover for disobedience. Forgive me. Give me the courage to plant today — with what I have, where I am. You are the One who makes things grow. I trust You with the outcome. Amen.*

## BLOCK

I block the lie that I need perfect conditions to serve. The enemy uses delay as his best weapon. I choose obedience now, not readiness later. I plant today and trust God with the harvest.

## DIG

**James 4:13-14**

*"Now listen, you who say, Today or tomorrow we will go to this or that city. Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes."*

## SERVE

1. What is one act of service you've been postponing — and what excuse have you been using to delay it?
2. What would it look like to take one imperfect step toward it today?
3. How has waiting for 'perfect conditions' ever kept you from something God was calling you to?



# Your Weakness Is the Point

## RECEIVE

2 CORINTHIANS 12:9

*"My grace is sufficient for you, for my power is made perfect in weakness."*

## SET

We spend enormous energy trying to fix, hide, or overcome our weaknesses before stepping out in service. But God operates in a completely different economy. He doesn't need your strength — He has plenty of His own. What He's looking for is someone humble enough to be used.

Moses had a stutter. Gideon was the least of his family. Peter was impulsive. Paul had a thorn he couldn't remove. And yet — through every one of them — God did the impossible. Not in spite of their weakness. Through it.

Stop apologizing for what you lack. Your weakness is not an obstacle to God's power — it is the very vehicle He prefers to ride in.

## ATTACK

*Father, I bring You my weakness — all of it. I stop pretending I have it together. I stop waiting until I'm stronger, smarter, or more prepared. Use me as I am. Let Your power be the story, not mine. Amen.*

## BLOCK

I block the lie that my weakness disqualifies me from serving. God doesn't need my strength — He has His own. My insufficiency is the very opening through which His power flows. I am available.

## DIG

1 Corinthians 1:26-27

*"Brothers and sisters, think of what you were when you were called. Not many were wise or influential. But God chose the foolish things of the world to shame the wise."*

## SERVE

1. What weakness or insecurity have you been using as a reason not to serve?
2. Can you name a biblical figure God used despite — or even through — their weakness? What does their story say to yours?
3. What would it look like to step out in your weakness and trust God's power to show up?



# Go Anyway

## RECEIVE

### JOSHUA 1:9

*"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

## SET

God's most repeated command in Scripture is not 'be good' or 'be smart' — it's 'do not be afraid.' He says it over 365 times in the Bible. One for every day of the year. As if He knew we'd need the reminder every single morning.

Fear is not a sign that you shouldn't go. Fear is often a sign that you're heading toward something that matters. The enemy doesn't bother placing obstacles on paths that lead nowhere.

You are not called to go when you feel ready. You are called to go in the presence of the One who is already there. Courage isn't the absence of fear — it's choosing obedience louder than your fear.

## ATTACK

*God, I feel the fear. I'm bringing it to You instead of hiding behind it. You said You'd be with me wherever I go — I'm taking You at Your word. Give me feet that move in obedience, even when my heart is racing. Amen.*

## BLOCK

I block the lie that fear means stop. Fear is not a stop sign — it is a signal that I'm heading toward something that matters. I choose obedience louder than my fear. God goes before me and I will go.

## DIG

### Psalm 56:3-4

*"When I am afraid, I put my trust in you. In God, whose word I praise — in God I trust and am not afraid. What can mere mortals do to me?"*

## SERVE

1. What specific fear has been keeping you from a step God has been calling you to take?
2. What's the worst realistic outcome of taking that step — and is it worse than the cost of staying put?
3. What is one concrete action you can take this week to move toward that fear in faith?



# The Harvest Needs Workers

## RECEIVE

**MATTHEW 9:37-38**

*"The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."*

## SET

Jesus didn't say the harvest is small. He said the harvest is plentiful — abundant, ready, waiting. The problem has never been a shortage of people who need God. The problem is a shortage of people willing to go.

There are people in your neighborhood, your school, your workplace — and in unreached corners of the world — who are waiting for someone to show up. Not a program. Not a flyer. A person who actually came.

The prayer Jesus asks us to pray isn't 'God, soften people's hearts.' It's 'God, send workers.' And God often answers that prayer by saying: 'I was waiting for you to volunteer.'

## ATTACK

*Lord of the harvest, I hear Your call. There are people waiting — people You love — who have not yet heard. Use me. Send me. I volunteer. Make my hands willing and my feet ready for wherever You lead. Amen.*

## BLOCK

I block the lie that someone else will handle it. If not me, then who? God is answering His own prayer for workers through my yes. I will not leave the harvest unworked because I was too comfortable to go.

## DIG

**John 4:35-36**

*"Open your eyes and look at the fields! They are ripe for harvest. Even now the one who reaps draws a wage and harvests a crop for eternal life."*

## SERVE

1. Who in your immediate world — neighborhood, school, workplace — do you sense is spiritually hungry right now?
2. What's one thing keeping you from engaging them?
3. What does 'going to the harvest' look like for you specifically — locally, globally, or both?



# Small is Sacred

## RECEIVE

**LUKE 16:10**

*"Whoever can be trusted with very little can also be trusted with much."*

## SET

We glorify the big moments — the mission trips, the platform, the crowd, the miracle. But God's economy runs on faithfulness in the small. The cup of cold water. The quiet visit to the sick. The hour spent mentoring the struggling person on your street.

You will not be handed the large if you have despised the small. God watches how you treat the ordinary as a test of what He can trust you with next. Every faithful small act is a promotion waiting to happen.

Don't wait for the grand assignment to begin serving. Begin with what's in front of you. A small act done faithfully is never small in the economy of God.

## ATTACK

*Father, forgive me for despising the small. I've been waiting for the grand stage when You've been calling me to the quiet corner. Teach me to see faithfulness in the ordinary as holy work. I give You today's small thing with my whole heart. Amen.*

## BLOCK

I block the lie that my small act doesn't count. God's economy runs on faithfulness, not fanfare. One cup of cold water offered in His name is never wasted. I will be trusted with much by being faithful with this.

## DIG

**Matthew 25:21**

*"Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!"*

## SERVE

1. What 'small' act of service has God been nudging you toward that you've been dismissing as too insignificant?
2. How does God's economy of faithfulness challenge the way our culture measures impact?
3. Who in your life right now needs a small, quiet act of love that nobody will applaud?



# Serve the One in Front of You

## RECEIVE

**MATTHEW 25:40**

*"Whatever you did for one of the least of these brothers and sisters of mine, you did for me."*

## SET

We can become so obsessed with global impact that we walk past the person right in front of us. The neighbor who is lonely. The coworker who is breaking. The stranger whose eyes are hollow. Jesus is standing right there — dressed in need.

When you serve 'the least of these,' you are not serving a cause. You are not serving a demographic. You are serving Jesus. Literally. He said so Himself. This changes everything about how we show up.

You don't have to travel across the world to find your calling — though you may be called to. Start with the person directly in front of you today. They are your mission field right now.

## ATTACK

*Jesus, open my eyes to see the person in front of me the way You see them. Keep me from walking past people in my rush to change the world. Let me be fully present today — to whoever You put in my path. Amen.*

## BLOCK

I block the lie that global impact lets me ignore local obedience. Jesus is standing in front of me right now in the form of someone who needs to be seen. I will slow down. I will look. I will serve the one in front of me.

## DIG

**Luke 10:25-37**

*"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and Love your neighbor as yourself."*

## SERVE

1. Who in your immediate life — family member, coworker, neighbor — have you been overlooking or walking past?
2. What does it mean to truly 'see' someone rather than just being near them?
3. How does the truth that serving 'the least of these' is serving Jesus change the way you view everyday interactions?



# Excuses Are a Luxury Obedience Can't Afford

## RECEIVE

1 SAMUEL 15:22

*"To obey is better than sacrifice, and to heed is better than the fat of rams."*

## SET

We are very good at substituting religious activity for actual obedience. We give money instead of going. We send thoughts and prayers instead of showing up. We attend church instead of being the church. God called it out in Saul's day, and it still stings today.

Sacrifice without obedience is just performance. God doesn't want your impressive religious resume — He wants your yes. One 'yes, Lord' is worth more than a thousand impressive deeds done on your own terms.

The excuses we carry — too busy, too scared, too far, too small — are the very things God is waiting for us to lay down. Not forever. Just enough to take the next step.

## ATTACK

*Lord, I confess I've been religious without being obedient. I've substituted busyness for surrender and activity for Your actual call. Forgive me. I don't want to be impressive — I want to be useful. Speak. I'm listening. Amen.*

## BLOCK

I block the lie that religious activity equals obedience. God doesn't want my impressive schedule — He wants my yes. I lay down every substitute I've been hiding behind and choose simple, costly obedience.

## DIG

**Luke 9:62**

*"No one who puts a hand to the plow and looks back is fit for service in the kingdom of God."*

## SERVE

1. What religious activity have you been using as a substitute for the thing God is actually asking you to do?
2. Is there something God has clearly called you to that you've been delaying with good-sounding excuses?
3. What would genuine obedience cost you — and what is continued disobedience already costing you?



# The World Cannot Wait for Your Comfort

## RECEIVE

### ACTS 1:8

*"You will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."*

## SET

Jesus didn't say 'go if it's convenient.' He said go to the ends of the earth. He drew no geographic boundary on the call. Your zip code is a starting point, not a finish line.

Right now, 3.8 billion people have little or no access to the Gospel. That's not a statistic — those are people. Parents. Children. Teenagers who have never once heard the name of Jesus spoken with love. They are waiting. Not for a strategy. For a person.

You may not be called to move overseas. But you are called to carry a global heart. To pray globally. To give globally. To raise up others who go. The world was the point — from the very first commission to the very last words Jesus spoke.

## ATTACK

*God, break my heart for what breaks Yours. Billions have not heard. Expand my vision beyond my zip code. Make me a person with a global heart and a willingness to go wherever You send me — across the street or across the world. Amen.*

## BLOCK

I block the lie that global mission is for other people. Jesus said 'to the ends of the earth' — and He meant every disciple, including me. I carry a global heart. I will pray, give, and go as He leads.

## DIG

### Matthew 28:19-20

*"Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."*

## SERVE

1. What does it mean to have a 'global heart' even if you are not called to live overseas?
2. When did you last pray specifically for an unreached people group by name?
3. What is one way you can engage the global mission — through prayer, giving, going, or sending — starting this week?



# God Doesn't Call the Qualified

## RECEIVE

1 CORINTHIANS 1:27

*"God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong."*

## SET

The Bible is full of people who had no business being used by God — and who changed history anyway. The pattern is so consistent it's almost embarrassing. God seems to specifically avoid using people who have everything figured out.

Because when God uses the unlikely, the unqualified, the broken, and the scared — the only possible explanation is God. His glory can't be stolen by the impressive. It shines brightest through the broken jar.

Stop waiting until you have more degrees, more experience, more confidence, more money. God is not looking at your resume. He's looking at your availability.

## ATTACK

*Father, I stop waiting until I'm ready. I bring You everything I am — including everything I'm not. You didn't choose the impressive in Scripture, and I don't need to be impressive for You now. Use me as I am. To Your glory alone. Amen.*

## BLOCK

I block the lie that I need to be qualified before I can be called. God chose the foolish to shame the wise. My inadequacy is not an obstacle — it is exactly where God does His most undeniable work. I am available.

## DIG

**Exodus 3:11-12**

*"Moses said, Who am I that I should go? And God said, I will be with you."*

## SERVE

1. What false qualification have you been waiting to achieve before you feel ready to serve?
2. Can you name a time when God used someone — or even you — despite a clear lack of human qualification?
3. What would you attempt for God today if you truly believed He didn't need you to be impressive?



# Obedience Is an Act of Worship

## RECEIVE

**ROMANS 12:1**

*"Offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship."*

## SET

Worship is not just music. It's not just Sunday mornings. Worship is the posture of a life that says: 'God, you are worth everything I have.' And nothing says that louder than obedient service — showing up when it costs you, serving when it's hard, going where He sends you.

The most worshipful thing you can do is lay your own agenda on the altar and pick up His. That is the living sacrifice Paul describes. Not a one-time event — a daily decision. Every morning you choose obedience is an act of worship.

Is your life a song of worship, or a performance at convenient times? True worship costs something. It requires the whole life, all of it — surrendered.

## ATTACK

*Lord, I want my whole life to be a song of worship — not just Sunday mornings. I offer today on Your altar. Not my plans. Not my comfort. You. Show me where to go, what to do, and who to serve. I choose You over my agenda. Amen.*

## BLOCK

I block the lie that worship is only what happens in a church building. My obedience is worship. My service is worship. When I lay down my agenda and pick up His, I am singing the deepest song my life can sing.

## DIG

**Micah 6:8**

*"What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."*

## SERVE

1. What would it look like for your everyday life — your Monday, not just your Sunday — to be an act of worship?
2. Where has your 'worship' been limited to convenient times and controlled environments?
3. What is one specific act of obedience you could offer God today as an act of worship?



# Shut Up the Fear and Go

## RECEIVE

ISAIAH 41:10

*"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you."*

## SET

Fear is loud. It will tell you every reason the next step is a bad idea. It will rehearse worst-case scenarios. It will make the obstacle feel insurmountable. Fear is a skilled narrator — and almost everything it says is a lie.

God's response to fear is not to remove it — it's to reframe it. 'Do not fear' is followed immediately by 'because I am with you.' The issue is never the size of the obstacle. The issue is whether you believe God is bigger.

Courage is not the feeling. Courage is the decision to move your feet despite the feeling. Fear is not a stop sign — it's a flashing yield light. Slow down, look both ways, then go anyway.

## ATTACK

*Father, I name the fear out loud before You right now. You said 'do not fear' and followed it immediately with 'because I am with you.' I choose to trust the second part over the first feeling. You are bigger. Go before me. Amen.*

## BLOCK

I block every lie that fear is speaking over my calling right now. Fear is not a stop sign — it is a flashing yield. I look both ways, acknowledge the risk, and go anyway. God is already there. He promised.

## DIG

**2 Timothy 1:7**

*"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."*

## SERVE

1. What specific fear has been the loudest voice keeping you from serving or going?
2. How does 'I am with you' change the calculation when you're standing at the edge of obedience and afraid?
3. What one step toward your fear could you take this week — not when you stop being afraid, but right now?



# Your Story Is Someone's Lifeline

## RECEIVE

REVELATION 12:11

*"They triumphed over him by the blood of the Lamb and by the word of their testimony."*

## SET

God didn't save you just for your own benefit. He saved you to give you a story — one that someone desperately needs to hear. Your testimony is not just your personal spiritual history. It's a weapon. It's a lifeline. It's proof that God can do it again.

There is someone in your life who is exactly where you used to be. In the pit, the addiction, the hopelessness, the doubt. They don't need a sermon — they need to hear: 'I was there. And here's what happened when I called on Jesus.'

Don't hoard your story. Don't hide it out of shame or false humility. The very parts you're most ashamed of are the parts that will set someone else free.

## ATTACK

*Lord, help me stop being ashamed of my story. The parts I want to hide are the parts that carry the most power for someone else's freedom. Give me the courage to open my mouth. Use my story for Your glory. Amen.*

## BLOCK

I block the lie that my past is too messy for God to use. My testimony is a weapon, not a wound. The blood of the Lamb and the word of my testimony are the very tools God uses to set others free. I will speak.

## DIG

**2 Corinthians 1:3-4**

*"The God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."*

## SERVE

1. What part of your story are you most tempted to keep hidden — and who might need to hear exactly that part?
2. When has someone else's honest testimony impacted or changed you personally?
3. Who in your life right now needs to hear: 'I've been where you are, and here's what happened when I called on Jesus'?



# Love Is a Verb

---

## RECEIVE

1 JOHN 3:18

*"Dear children, let us not love with words or speech but with actions and in truth."*

## SET

Saying 'I love you' to someone in need and then walking away is not love. John was clear: love is not a speech. It's an action. The proof of love is always in the verb.

The parable of the Good Samaritan ends with a question: 'Which of these three do you think was a neighbor?' The religious ones walked past. The foreigner stopped, stooped down, and put his hands on the wound. Love got its hands dirty.

The world doesn't need more people who feel warmly toward others. It needs more people who show up. Who call. Who drive. Who stay late. Who bring the meal. Who sit in the room. Love with your feet today.

---

## ATTACK

*God, keep me from loving in words only. Show me someone today who needs love in action — not a nice feeling or a kind thought, but a presence, a hand, a meal, a phone call. Make me the one who actually shows up. Amen.*

## BLOCK

I block the lie that good intentions are enough. Love is not what I feel — it is what I do. Feelings without action are not love. I choose to love in a way that costs me something today.

---

## DIG

**James 2:14-17**

*"What good is it if someone claims faith but has no deeds? Faith by itself, if it is not accompanied by action, is dead."*

---

## SERVE

1. Who in your life are you currently 'loving' with words or intentions but not with real action?
2. What would it mean to show up for that person in a concrete, costly way this week?
3. What's one time you've experienced love-in-action from someone else — and what did it mean to you?



# Use What You've Been Given

## RECEIVE

**LUKE 12:48**

*"From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked."*

## SET

You have been given more than most of the world. More safety. More food. More access to Scripture. More freedom. More resources. And none of it was accidental — it was entrusted to you for a reason that goes beyond your personal comfort.

Stewardship is not just about money. It's about your time, your skills, your influence, your health, your access. Every good thing in your life is a trust deposit from God — not a personal possession.

The servant who buried the talent didn't steal it. He just didn't do anything with it. Jesus called that wicked. The sin of inaction is still a sin.

## ATTACK

*Father, everything I have came from You. My time, my skills, my resources, my access, my health. I don't want to bury any of it. Show me specifically how to invest what You've entrusted to me for the sake of others. Amen.*

## BLOCK

I block the lie that what I have is mine to spend on myself. I am a steward, not an owner. God has deposited good things in my life for kingdom purposes. I will not bury my talent. I will invest it.

## DIG

**Matthew 25:14-15**

*"A man going on a journey called his servants and entrusted his wealth to them — each according to his ability."*

## SERVE

1. What are three specific gifts, privileges, or resources God has given you that you could use more intentionally for others?
2. Is there an area of your life where you've been hoarding rather than stewarding?
3. What does it mean to you that the servant who did nothing with his talent — not the one who stole it — was called 'wicked'?



# Rest, Then Rise

## RECEIVE

**ISAIAH 40:31**

*"Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

## SET

Serving well requires being filled. You cannot pour from an empty vessel. Jesus Himself regularly withdrew from crowds, retreated to the wilderness, and spent whole nights in prayer. If He needed rest and renewal, you certainly do.

There is a difference between holy rest and fearful retreat. Holy rest empties you before God so He can refill you for the mission. It is not quitting — it's fueling. It is not weakness — it's the discipline of the long haul.

Don't burn yourself into ash for a mission you were supposed to sustain for decades. Come to the Father today. Let Him renew you. Then rise — and go further than you could have gone on fumes.

## ATTACK

*Lord, I come to You empty. I've been pouring out without returning to You for refilling. Teach me the rhythm of Your rest. Restore me today so I can serve tomorrow with fullness and not fumes. Amen.*

## BLOCK

I block the lie that rest is laziness. Holy rest is not quitting — it is fueling. Jesus withdrew to be refilled. I refuse to burn myself into ash when God is calling me to sustain this mission for decades.

## DIG

**Matthew 11:28-30**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart."*

## SERVE

1. What's the difference between holy rest and fearful retreat — and which one best describes where you are right now?
2. Are you currently running on fumes? What has rest looked like — or not looked like — for you lately?
3. What would it look like to intentionally build renewal into your serving rhythm this week?



# They Are Waiting for You

---

## RECEIVE

### ROMANS 10:14

*"How can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?"*

## SET

Paul's logic is airtight. Faith comes from hearing. Hearing requires someone to speak. Someone speaking requires someone to go. The entire chain breaks without the person who was willing to leave and tell.

Somewhere in the world right now, someone is spiritually hungry, searching, desperate, and open. And they have never once heard the name of Jesus spoken with love and truth. They don't have the app. They don't have the Bible. They don't have a you.

You may be the link in the chain between someone's eternal life and their never knowing. They are waiting. And the chain only continues if you decide it does.

---

## ATTACK

*God, I feel the weight of what Paul wrote — that the chain from You to them runs through people like me. I don't want to be a broken link. Send me. Use me. Let me be the one who goes so that they can hear. Amen.*

## BLOCK

I block the lie that someone else will close the gap. The chain of the Gospel continues only if someone decides it does. I am a link. I will not let it break on my watch. I will speak. I will go. I will send.

---

## DIG

### Isaiah 6:8

*"Then I heard the voice of the Lord saying, Whom shall I send? And who will go for us? And I said, Here am I. Send me!"*

---

## SERVE

1. Paul shows a chain of Gospel transmission in Romans 10:14 — where are you in that chain for someone right now?
2. Is there someone in your immediate life who has never heard the name of Jesus spoken with love and truth?
3. What would it take for you to be willing to be part of the chain that reaches an unreached people group?



# Silence Every Lie That Keeps You Sitting Down

## RECEIVE

**JOHN 8:44**

*"The devil was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language."*

## SET

The lies that keep you from serving don't come with a devil's label. They come dressed as wisdom, caution, humility, and common sense. They sound like: 'You're not ready.' 'Someone else will do it.' 'You'll just mess it up.' 'Who do you think you are?'

None of those voices are from God. God's voice says: 'I have prepared you.' 'I am sending you.' 'My power rests on you.' 'I called you by name.' When you learn to tell the difference, the lies lose their power.

Every excuse you've been rehearsing — trace it back to its source. Whose voice is that really? If it keeps you sitting down when God is calling you to move, it is not from Him.

## ATTACK

*Father, I name the lie that has been keeping me sitting down. I renounce it. I choose to believe what You say about me instead. Your voice is louder. Your truth is stronger. I stand up today. Amen.*

## BLOCK

I block every lie the enemy has spoken over my calling. 'You're not ready.' 'You'll mess it up.' 'Who do you think you are?' These are not from God. God says: I prepared you. I am sending you. I called you by name. I stand on that.

## DIG

**2 Corinthians 10:5**

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

## SERVE

1. What is the specific lie that has most effectively kept you from serving — and whose voice does it really sound like?
2. What does God actually say about you in Scripture that directly contradicts that lie?
3. What would it mean for your life if you started believing God's voice over the enemy's — starting today?



# The King on a Colt

## RECEIVE

### ZECHARIAH 9:9

*"Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey."*

## SET

Jesus didn't enter Jerusalem like people expected. He came riding a colt — quiet, humble, and overlooked. The King of Kings chose the lowest way to arrive.

In a world that chases attention, power, and recognition, Jesus shows us a different way. He didn't need a war horse to prove who He was. He already knew.

Jesus had every right to come in power, but He chose a colt. Not because He was weak — but because He was secure. He wasn't trying to impress the crowd; He was obeying the Father. That kind of humility is what changes people.

## ATTACK

*Father, strip away my pride and my need to be seen. Teach me to choose humility even when it costs me. Make me secure in who You say I am, not in what others think. Help me serve without needing credit, lead without needing praise, and walk in quiet obedience like Jesus. I don't want the spotlight — I want Your will. Amen.*

## BLOCK

I block the lie that says I need to make a name for myself. Pride says: make yourself known. Jesus shows: lower yourself and make a difference. The enemy loves hype. God honors humility. I choose the way of Jesus — secure, obedient, and unashamed.

## DIG

### Philippians 2:5-8

*"Have the same mindset as Christ Jesus: Who, being in very nature God, made himself nothing by taking the very nature of a servant, being made in human likeness."*

## SERVE

1. Read Zechariah 9:9 and Matthew 21:1-11 side by side — what does it reveal about Jesus that He fulfilled this prophecy in the humblest way possible?
2. Jesus was secure enough to not need the crowd's approval — where are you still seeking recognition or validation before you'll step out in obedience?
3. Where are you chasing a platform instead of choosing a colt? What would it look like to serve this week in a way nobody sees?



# Run the Race Marked Out for You

## RECEIVE

### HEBREWS 12:1-2

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him, He endured the cross, scorning its shame, and sat down at the right hand of the throne of God."*

## SET

This passage was written during a time of real persecution. Just before this, Hebrews 11 shares many stories of people who stayed faithful to God, even when it cost them everything.

This passage encourages us to have the same mindset. You are not the first to face hard times. Others have gone before you, stayed strong in their faith, and finished well. Their lives show us that it's possible.

But above all, we look to Jesus. He endured the cross, facing pain, shame, and suffering, because He knew what was ahead. His obedience brought us back to God. Every example of faith ultimately points back to Him.

## ATTACK

*Father, help me live like Jesus did. Pull me away from sin, pride, and anything that holds me back. Remind me that I'm not alone, and give me the strength to keep going, no matter what I face.*

## BLOCK

I refuse to believe the lie that I'm alone in my struggles or that I can't make it through. I focus on Jesus and remember those who stayed faithful before me.

## DIG

### James 1:2-4

*"Consider it pure joy whenever you face trials, because the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete."*

## SERVE

1. Life, both on and off the court, will test your faith. Will you keep going, or will you back off when it gets hard?
2. Who are people in your life who have stayed faithful to God, even through struggle?
3. What's holding you back right now from fully going after God and living boldly for Him?



# Your True Fuel

## RECEIVE

**MATTHEW 4:4 (NIV)**

*"Man shall not live on bread alone, but on every word that comes from the mouth of God."*

## SET

Jesus was led by the Holy Spirit into the wilderness and faced real temptation after fasting for 40 days. He was hungry, worn down, and physically weak — and that's exactly when the enemy came after Him.

But Jesus didn't respond based on how He felt. He responded with truth. He shows us that real strength doesn't come from physical fuel alone. It comes from being filled with the Word of God.

Just like your body needs food to perform, your spirit needs God's Word to stay strong.

Jesus used the Word of God as His weapon. He didn't rely on feelings, hunger, or circumstances — He relied on truth. The Word wasn't just something He knew — it was something He lived.

## ATTACK

*Father, teach me to crave Your Word more than anything else. Help me fuel my life with truth — not just what feels good in the moment. Fill me daily so I can live, lead, and compete from a place of strength in You.*

## BLOCK

I reject the lie that my cravings or feelings control me. God's Word is my true fuel. I choose discipline over distraction and truth over temptation.

## DIG

**Hebrews 4:12**

*"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."*

## SERVE

1. What are some ways you can prioritize God's Word in your daily routine?
2. What distractions are pulling you away from it?



# Created on Purpose

## RECEIVE

### GENESIS 1:1-3 (NIV)

*"In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, 'Let there be light,' and there was light."*

## SET

In the beginning, there was nothing. No structure, no form — just emptiness. And with a word, God brought everything into existence. He spoke light into darkness.

That same God didn't just create the world — He created you.

Nothing about your life is random. If God intentionally created everything, then your life has real purpose and meaning. You're not here by accident — you're here by design.

## ATTACK

*God, help me understand my purpose more. Since You created everything, show me why You placed me here. Bring light into the dark places in my life and help me grow closer to You. Amen.*

## BLOCK

I reject the lie that I am a mistake — how I look, how I think, or where I fit. God doesn't make mistakes. I am created on purpose, for a purpose, and God delights in me.

## DIG

### John 1:1-5 (NIV)

*"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it."*

## SERVE

1. How does knowing you were created on purpose change the way you see yourself?
2. Where do you need to let God bring light into your life right now?



# He Will Guide You

## RECEIVE

**ISAIAH 30:21 (NIV)**

*"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"*

## SET

In the middle of a game, there's a lot going on. You're thinking about rotations, your teammates, where to serve, what's open on offense — everything moves fast, and it can feel overwhelming.

This verse is a reminder that even in the middle of chaos, God is guiding you.

Through long practices, injuries, wins, losses, frustration, and celebration — God is present in every moment. He sees you, He's with you, and He's leading you. Nothing you face is random. Every moment is an opportunity for God to shape your character and help you know Him more.

This also applies to the bigger decisions in life. Not every path will look the same — and that's okay. You don't have to force yourself into places where you don't belong. And even when decisions feel uncertain, you can trust this: you're not going to walk outside of God's presence. He will guide you wherever you go.

## ATTACK

*Father, thank You for being my guide both on and off the court. Help me hear Your voice in every moment — whether I turn right or left. Give me wisdom to make decisions that honor You, strength to push through challenges, and a heart that listens to You. Help me trust Your plan and honor You in everything I do. Amen.*

## BLOCK

I reject the lie that God leaves me when I make the 'wrong' decision. He is always with me, guiding my steps no matter where I go.

## DIG

**Psalms 32:8 (NIV)**

*"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."*

## SERVE

1. Do you truly believe God is with you and guiding you — on the court and in life?
2. Where do you tend to second-guess yourself the most?
3. What would it look like to trust God more in your decisions this week?



# It's Never Too Late to Step Up

## RECEIVE

### JOHN 3:16 (NIV)

*"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*

## SET

John 3:16 comes from a conversation between Jesus and Nicodemus, a religious leader who came to Jesus at night because he was unsure and afraid of what others might think. But Jesus met him right where he was.

Stepping up in your faith is a decision — not a feeling. It takes courage. You won't always feel ready, but following God isn't about comfort — it's about choosing to trust Him.

When we look at Jesus, we see the ultimate example. He was willing to lay down His life — not because it was easy, but because it was right.

Nicodemus didn't step out boldly at first — but later, he did. He defended Jesus and helped prepare His body after the cross. It's never too late to step up.

## ATTACK

*Father, speak to me today. Help me overcome my fear of what others may think. Give me boldness to live out my faith and share Your truth with others. Amen.*

## BLOCK

I block the lie that I'll step out in faith tomorrow. Today is the day I will step out in faith and trust God as my Father.

## DIG

### Romans 5:8 (NIV)

*"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."*

## SERVE

1. Where do you feel hesitant or afraid to live out your faith?
2. What would it look like for you to step up in your faith this week?



# The King Is Here

---

## RECEIVE

**MARK 1:15 (NIV)**

*"The time has come. The kingdom of God has come near. Repent and believe the good news!"*

## SET

It's easy to read this like Jesus is just introducing Himself — but this is much bigger than that. This is the moment everything changes.

For generations, God had promised to restore what was broken, but people didn't fully understand how or when it would happen. Then Jesus steps in and says, 'The time has come.' What had only been hoped for is now reality.

The kingdom of God is here. That's another way of saying: the King is here. But this kingdom isn't political or earthly. It's not about power the way the world sees it. Jesus makes it clear that this is a kingdom that starts within us. The real battle isn't out there — it's in the human heart.

And the good news? We don't fight that battle alone.

---

## ATTACK

*Father, thank You that You are near. Thank You that You are King, that You fight for me, and that I am not alone. Help me to see Your presence in my life today and trust Your power at work within me. Amen.*

## BLOCK

I block the lie that I have to do life on my own. I am not alone in hardship, suffering, or in my fight against sin. God is with me, fighting for me and changing my heart through His Spirit.

---

## DIG

**Matthew 4:17 (NIV)**

*"From that time on Jesus began to preach, 'Repent, for the kingdom of heaven has come near.'"*

---

## SERVE

1. How does knowing God is near change the way you handle pressure or playing time?
2. What does it mean to you that God is actively working in your heart right now?
3. How should His presence impact the way you treat others on and off the court?



# New Every Morning

## RECEIVE

**LAMENTATIONS 3:23 (NIV)**

*"They are new every morning; great is your faithfulness."*

## SET

No matter what happened yesterday—on or off the court, good or bad—today is a new day.

God's mercy isn't something you run out of. His mercy is infinite through Christ. It's not based on your performance, your mistakes, or how you feel. Every single morning, He meets you with fresh grace. People may run out of grace—but God never does.

Sometimes we carry yesterday into today—missed serves, bad games, wrong decisions, sin, regret. But God doesn't want you to carry that. He created you to run and play free from guilt and condemnation.

He offers you a reset—to compete with love, freedom, and confidence. You don't have to be stuck in yesterday. God's faithfulness means you get to start fresh right now.

## ATTACK

*Father, thank You for new mercy today. Help me leave yesterday behind and walk in Your grace and strength. Remind me that Your Spirit lives in me and gives me power to move forward. Amen.*

## BLOCK

I block the lie that yesterday defines me. God's love doesn't change based on my performance. His mercy is new for me today.

## DIG

**Romans 8:11 (NIV)**

*"And if the Spirit of him who raised Jesus from the dead is living in you... he will also give life to your mortal bodies because of his Spirit who lives in you."*

## SERVE

1. What from yesterday are you still holding onto?
2. What would it look like to truly start fresh today?



# Feet Like a Deer

---

## RECEIVE

**PSALM 18:33 (NIV)**

*"He makes my feet like the feet of a deer; he causes me to stand on the heights."*

## SET

In volleyball, precision and teamwork are essential as the game progresses. God gives you teammates, coaches, and opportunities to grow—and to learn to trust Him.

The "heights" represent pressure, challenge, and moments where your footing feels uncertain. But just like a deer moves confidently on steep ground, God gives you balance, strength, and stability to reach new levels.

When you step on the court, be confident—it is God who enables you.

---

## ATTACK

*Father, thank You for helping me reach new levels and for giving me strength and stability. When I feel uncertain or under pressure, remind me that You have equipped me to stand firm. Help me trust You in every moment and compete with confidence, knowing You are holding me steady.*

## BLOCK

I reject the lies that tell me I won't get better or that my best is behind me. There are always new levels and new places to go through Christ. My confidence doesn't come from my ability—it comes from Your strength.

---

## DIG

**Matthew 11:28 (NIV)**

*"Come to me, all you who are weary and burdened, and I will give you rest."*

---

## SERVE

1. Where do I feel unstable right now, and how can I trust God to steady me there?



# The Good Shepherd

---

## RECEIVE

**JOHN 10:11 (NIV)**

*"I am the good shepherd. The good shepherd lays down his life for the sheep."*

## SET

Sometimes in life, we feel like we have to prove ourselves. If we could only win that game, make that serve, spike the ball straight down, or dig the hardest hit, then maybe we would feel like enough. However, in Christ, we lack nothing. He has given us everything we need to live strong and know Him. Jesus even calls Himself the Good Shepherd who knows His sheep.

A shepherd leads, provides, and protects. He does not rush his sheep—he guides them. Sometimes the best thing for your growth is not more pressure, but learning to trust His pace.

God knows where He is taking you. Your job is not to force it—it is to follow.

---

## ATTACK

*Father, thank You for being my Shepherd. You provide everything I need. When I feel like I am lacking or falling behind, remind me that You are leading me exactly where I need to go. Help me trust Your pace and rest in Your guidance.*

## BLOCK

I block the lie that I am not enough or that I need more to succeed. The Lord is my Shepherd—I lack nothing.

---

## DIG

**Psalm 23:1-2 (NIV)**

*"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters,"*

---

## SERVE

1. Where am I trying to force control instead of trusting God to lead me?



# Enter with Praise

## RECEIVE

### PSALM 100:4 (NIV)

*"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."*

## SET

How we enter the court can be a creative time for many of us. Some have favorite routines, playlists, lucky socks, or little habits before a game. Those can be fun and memorable.

But this verse reminds us of something deeper—God calls us to enter with praise.

Everything was created to glorify God, and volleyball is no exception. The way you step onto the court matters. Your attitude, your mindset, and your focus all reflect something.

You have an opportunity every time you play to honor God—not just with your performance, but with your heart.

And it's not just on the court. Everything you do off the court matters too.

## ATTACK

*God, help me enter today with gratitude and praise. Shift my focus from myself to You and the price You paid to set me free. Let my attitude and effort reflect Your goodness in everything I do. Amen.*

## BLOCK

I block the lie that this is just about me or my performance. This is about allowing God to work through me and around me—and helping me see it.

## DIG

### 1 Corinthians 10:31 (NIV)

*"So whether you eat or drink or whatever you do, do it all for the glory of God."*

## SERVE

1. How do you usually enter the court—focused on yourself or on God?
2. What would it look like to play today with a mindset of praise?



# Side Out!

## RECEIVE

**2 CORINTHIANS 5:21 (NIV)**

*"God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."*

## SET

It's not fun to revisit a missed serve in a big moment, a ball hit out of bounds, or missing a call as a line judge. We can replay those moments over and over.

In the same way, it's not always easy to face the reality that we've sinned before God. If we dwell on it too much, it can weigh us down.

But this is where the transforming work of Christ changes everything.

He lived the life we should have lived, and He died the death we should have died because of our sin. And the best part—He rose from the dead, proving He is the Son of God and offering salvation to all who believe.

This is the great exchange: Jesus took your place so you could take His.

## ATTACK

*Jesus, thank You for living the life I should have lived and dying the death I should have died. Thank You for carrying my sin so I could receive Your righteousness. Help me stop trying to earn what You've already given me and live in the freedom of Your grace. Amen.*

## BLOCK

I block the lie that I have to earn my worth or prove myself. Because of Jesus, I am made right with God.

## DIG

**1 JOHN 3:1 (NIV)**

*"See what great love the Father has lavished on us, that we should be called children of God!"*

## SERVE

1. Where are you still trying to prove yourself instead of resting in what Jesus has done?
2. What would it look like to live today like you are already accepted?



# Strength From Within

## RECEIVE

### EPHESIANS 3:16-19 (NIV)

*"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."*

## SET

In sports, people can love you one minute and question you the next. One moment you're the star, the next you feel like you let everyone down. Even a coach's approval can start to feel tied to your performance.

But God's Kingdom doesn't work like that.

His love isn't based on how you perform—it's steady and unchanging, like a rock. Whether you play your best or your worst, His love for you never changes. Because of Jesus Christ, you are free from the pressure of constantly trying to prove yourself.

## ATTACK

*God, strengthen me from the inside out. Help me be rooted and grounded in Your love. Remind me that my strength doesn't come from my performance, but from You. Amen.*

## BLOCK

I block the lie that my strength comes from what I can do. My strength comes from knowing Christ and His eternal love for me.

## DIG

### Romans 8:39 (NIV)

*"For I am convinced that neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God..."*

## SERVE

1. Where are you relying on your own strength instead of God's?
2. What would it look like to be rooted in His love today?



# Stand Strong

## RECEIVE

### EPHESIANS 6:10-12 (NIV)

*"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood..."*

## SET

In sports, we study our opponent—how they play, what they run, where they're weak.

But when you follow Jesus, you need to understand this—you have a real enemy. This isn't just physical. It's spiritual.

Satan is real, and his goal is simple: distract you, discourage you, and get in your head. If he can win your mind, he can affect everything—your focus, your confidence, your attitude.

Comparison. Frustration. Doubt. Anger. That's how he works.

But here's the truth—he's already been defeated. Jesus Christ has overcome him.

So you don't step onto this court alone—you step in with power.

## ATTACK

*God, make me strong in You. Clear my mind from distraction and fill me with focus. Holy Spirit, give me strength to stand firm and compete with confidence in You. Amen.*

## BLOCK

I block the lie that this is just a physical battle. The real battle is spiritual—and I stand strong in God's power.

## DIG

### 2 Corinthians 10:4 (NIV)

*"The weapons we fight with are not the weapons of the world... they have divine power to demolish strongholds."*

## SERVE

1. What's been getting in your head lately?
2. Are you fighting this battle on your own—or with God's strength?

# Not Alone



## RECEIVE

**MATTHEW 18:19-20 (NIV)**

*"Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them."*

## SET

Volleyball is an ultimate team sport because every play progresses through teamwork—you're not meant to do it alone.

When a team is connected, communicating, and moving together, everything changes. There's energy, trust, and confidence.

The same is true in your faith.

God didn't create you to walk this life alone. He gave you people through His gift of the Church—people you would never imagine walking with you, praying with you, and standing with you. God wants you to stretch out beyond your comfort zone to new relationships that challenge you.

God is omnipresent and with you when you are alone, but here's the powerful part: when you come together in His name, God promises to be right there with you. There is something unique about coming together in His name.

Not distant. Not watching from far away. Present.

There is power in unity. There is strength in community. And there is something special when a group of people choose to seek God together.

## ATTACK

*God, thank You that I'm not alone. Help me build strong, godly relationships and walk in unity with others. Be present in our team, our conversations, and our time together. Amen.*

## BLOCK

I block the lie that I have to do life on my own. God is with me, and He has given me people to walk with.

## DIG

**Hebrews 10:24-25 (NIV)**

*"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."*

## SERVE

1. Who are you walking with in your faith right now?
2. What would it look like to grow together instead of doing this alone?



# Draw Near

---

## RECEIVE

**JAMES 4:8 (NIV)**

*"Draw near to God and he will draw near to you."*

## SET

The next time you step on the court, ask God to fill your heart, your teammates, your coach, and the entire gym. He is already there—you are simply acknowledging His presence. And when you do that, a normal court can become a place where God moves powerfully.

One of the most incredible promises from God is this: when we draw near to Him, He draws near to us.

Because of Jesus, we are not limited to experiencing God in a church building. He is with us wherever we go—including the volleyball court.

---

## ATTACK

*Father, fill me with Your presence. Let me praise You with the gifts and talents You've given me. Use me today for Your glory. Amen.*

## BLOCK

I block the lie that God is limited to a building. He is always with me, wherever I go.

---

## DIG

**Hebrews 13:5 (NIV)**

*"Never will I leave you; never will I forsake you."*

---

## SERVE

1. Where do you forget that God is already with you?
2. What would change if you played today fully aware of His presence?



# Shut Up and Serve

---

**CONNECT WITH US**

---

[shutupandserve.com](https://shutupandserve.com)

[uptimeoutreach.org](https://uptimeoutreach.org)

[shutupandserve@gmail.com](mailto:shutupandserve@gmail.com)

Nashville, TN

---