

JOY



READY:

“Rejoice in the Lord always. I will say it again: Rejoice!” -Philippians 4:4

SET:

Joy is deeper than happiness—it’s not based on wins, stats, or how we feel. It’s rooted in something unshakable: God’s presence. Teams that play with joy play with freedom. They don’t let circumstances dictate their mindset. They bring energy, positivity, and perspective that lifts everyone around them. Joy gives life to a team and reminds us why we love the game in the first place.

In sports, joy can get lost in pressure, comparison, or frustration. But when athletes choose joy—even in tough seasons—it changes everything. Joy doesn’t ignore the hard stuff; it walks through it with a smile and a steady heart. It sees purpose in the process and beauty in the journey. When you compete with joy, you become the kind of teammate others love to follow.

Philippians 4:4 reminds us that joy is something we choose again and again. It’s found in Jesus, not just in the scoreboard. He is our reason to rejoice—no matter what’s happening around us. As athletes who follow Him, we lead with joy because He gives us something the world can’t take away.

GO:

1. What’s been stealing your joy in sports, and how can you shift your focus back to what matters?
2. How can you choose joy today as a response to who God is- not just how life feels?

OVERTIME

God, Thank You for being the source of unshakable joy. When circumstances are tough, or I am feeling down, remind me that You are still good and still with me. Fill my heart with joy that overflows into how I live, play, and lead. Amen.

