



**NCSAA *Wellspring of Life Initiative***  
**Athlete Devotionals**  
**Teachable Spirit – Week One**



When we talk about the “promises of the world,” we mean those things the world tells us we can have if we “go for it,” which basically means *looking out for number one*. The lifestyle that is seen on TV, in the movies, in the world of athletics, in corporate America, or even among the “in group” at your school will eventually bring great disappointment and much worse. This week’s devotions reveal the promises of Scripture to the person who “seeks the Lord with all his heart” (Deuteronomy 4:29).

**MONDAY: *The Promise of Forgiveness***

*Read:* 1 John 1:5-10; Romans 8:1, 2

- 1) What does 1 John have to say about what an ungodly man might think about himself, and how does this differ from the truth? How do you receive the relief of forgiveness from God?
- 2) Think for a moment about the great promise of Romans 8:1. If you are in the Lord and have asked for forgiveness for your sin, what can you claim about any feelings of condemnation?

**TUESDAY: *The Promise of Purpose***

*Read:* Philippians 3:7-14

- 1) The author of Philippians states that all of the things he used to consider important now seem like “rubbish” to him. If you have committed your life to Christ, what things have changed in importance in your life? What do you think still needs to change?
- 2) Verses 12-14 talk about real purpose in life. What do you think that purpose is, and how do your actions reflect a new purpose in life?

**WEDNESDAY: *The Promise of Being Loved***

*Read:* Psalm 103:1-18

- 1) This passage tells of many “benefits” of serving God. Name some of these.
- 2) Verses 7-18 describe God’s personal love for you. Read these verses slowly, and ask God to impress them upon your heart and to help you to *trust* His love.

**THURSDAY: *The Promise of Protection***

*Read:* Isaiah 41:8-14; Isaiah 43:1-3

- 1) Remember that when the Old Testament speaks of God’s people (Israel), he is speaking of us – the followers of Christ. What does God’s promise to “strengthen you, help you, always be with you” mean to you? Have you seen examples of that promise in your life?
- 2) What “waters” and “fire” have you gone through in your life? Did you call on the Lord, and how did He make his presence known? If you did not call out to Him, does the promise of this passage encourage you for the future?

**FRIDAY: *The Promise of Answered Prayer***

*Read:* 1 John 5:3-15

- 1) This passage tells us that we who know Christ will overcome! What we will also do, if we love God – and should that be a heavy burden? How does this truth contrast with the way the world thinks you will overcome?
- 2) Furthermore, those “overcomers” who know God have an additional promise in verses 13-15. How awesome is it that He actually hears you? Do you believe that, and how does that affect your prayer life?