



NCSAA Wellspring of Life Initiative
Athlete Devotionals
Teachable Spirit – Week Three



As you discuss a teachable spirit with your team, you will notice that being teachable does not come naturally. We all want to think we know best and are doing just fine without anyone else's "help." It requires real *change* for us to even desire to be teachable. This week, in your personal devotions, you will be examining what Scripture has to say about real heart change – where it comes from and how it will look in your daily life.

MONDAY: Repentance and Forgiveness

Read: Romans 3:23; 1 John 1:1-10

- 1) What do Romans 3:23 and 1 John 1 (v. 6, 8, and 10) say about the attitude that we're "OK" just as we are? Has there been a time in your life when you really understood in your heart, not just your mind, that you are a sinner?
- 2) 1 John 1 (v. 7, 9) requires us to "do" something. What is that? When we ask for forgiveness, what is the promise? What does it mean, as a new creature in Christ, to walk in the light?

TUESDAY: Result of Forgiveness

Read: Luke 15:10; Romans 4:6-8; 2 Corinthians 5:17-21

- 1) Picture in your mind the action described in Luke 15:10. How amazing...and how greatly we should rejoice at this change in our life or the life of a friend. Romans 4 tells us a little about our reaction to forgiveness. What do you think it means to be blessed by God?
- 2) We've looked at the angels rejoicing and God blessing us; now what does 2 Corinthians tell us about how repentance and forgiveness *change* us? If you simply "tried really hard" to change something about yourself, could "*all things* become new"? The change discussed here is one of your heart – something only God can do.

WEDNESDAY: The Struggle

Read: Romans 7

- 1) What does "the law" (*trying hard* to do what is commanded) really accomplish in our lives (v. 7)? Why is it *good* that we can't accomplish this on our own?
- 2) Verses 21-26 describe a common struggle against sin. Have you felt that way? What does verse 25 teach us about the source of true deliverance and change? How can you gain hope and help in your struggle against sin?

THURSDAY: What Is Our Part in This Change?

Read: Romans 12:1-8

- 1) What part does gratitude play in "making our bodies a living sacrifice," and how do we do that? (If the answer to this question is not clear to you, please talk to someone you trust to be knowledgeable in God's Word.)
- 2) The "renewing of your mind" is an ongoing, daily process. How does this apply to your choices of reading and music, as well as TV and movie viewing – and to how you listen to other more mature believers? What are you "feeding" into your thought life?

FRIDAY: What Will You Begin to Notice in Your Life?

Read: Psalm 37:37-40; Galatians 5:13-26

- 1) The whole of the law is summed up in *what* one command? Does your life demonstrate obedience in this way?
- 2) Although we are free in Christ, we are not meant to use this freedom in destructive behaviors. Instead, we are to see growth – through the days, weeks, months, and years of our lives – in *what* marks of the Holy Spirit listed here? Are you accountable to someone with whom you can discuss your growth in these Godly traits?