

# LET THE GAMES BEGIN

...OLYMPIC TRAINING FOR THE LIFE OF FAITH



## August 2 - Recovering from Injuries!

God's redeeming grace will be with us in all times, not only in our successes but also in our sufferings. Every coach is invested in his athletes, just as God is invested in us. We need to train to be a 'coach.' Let the Holy Spirit place one person on your heart and begin practicing your coaching skills.

Activity:

**C**ompassion—Let your friend know you care.

**O**bedience—Be consistent, contact your friend regularly.

**A**ttention—Listen to your friend's story

**C**ourage—Strengthen your friend, lend them your strength

**H**elp—Do one thing at a time, that helps relieve your friend.

All coaches must care for themselves, too. Use this week to do something that will make you feel more whole.

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