

Anxiety & Competition

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<https://devotions4competitors.blogspot.com/2013/02/a-n-x-i-e-t-y-proverbs-1225-as-we.html>

Proverbs 12:25

As we approach a competition, many times we're burdened by anxiety and worry. Often we wonder how well we'll perform, how good our opponent is, how well we know our assignments and other concerns. While these are legitimate concerns, they can serve to hinder our athletic performance.

In Proverbs chapter 12 and verse 25 it speaks of this dynamic, "An anxious heart weighs a man down, but a kind word cheers him up."

It's like our heart becomes lined with lead or our legs are made of rubber, when we are overcome with anxiety we are weighed down. Suddenly we're weighed down by doubt, confusion and frustration. All these lead to a less than our best performance during competition.

There is also a great promise in this scripture. It says that a kind word cheers one up. Encouragement is a powerful tool for the athlete. A simple word, a kind expression of thanks, a well timed compliment can put a charge in a teammate or a coach and thus will lift the weight that he's been carrying.

In your time of prayer today, ask the Lord to lead you to someone whom you can encourage. Ask Him for a chance to speak the kind word that cheers up your teammate, coach or friend.

God bless.



