SHUT UP
AND SERVE

52-WEEK DEVOTIONAL

FOR ATHLETES WHO WANT TO SERVE GOD

Reach Up to God. Reach Out to Others.

RECEIVE | SET | ATTACK | BLOCK | DIG | SERVE

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HOW TO USE THIS DEVOTIONAL

Each week is built around six volleyball-themed sections that mirror the movements of the game and the movements of faith:

RECEIVE -- Open with Scripture. Read it slowly. Let it land.

SET -- The devotion body. Read it, think about it, apply it.

ATTACK -- A prayer. Pray it out loud or make it your own.

BLOCK -- A declaration to speak over the lies in your life.

DIG -- A second scripture to dig deeper into the truth.

SERVE -- Discussion questions for your team or personal reflection.

Use this devotional individually, with your team before practice, or in a small group. There are no rules -- just show up, open the Word, and let God do the work.

"Shut up the lies. Serve God. Serve others."

WEEK 1

THE REALITY OF SIN

RECEIVE

Romans 3:23 (NIV)

"For all have sinned and fall short of the glory of God."

SET

Even the best volleyball players in the world miss serves, hit balls out of bounds, and shank passes. Every point comes from someone's mistake -- either your team or the other side. We all know it -- no one is perfect.

No matter how hard we try, we all fall short. It's easy to compare ourselves to others and think we're doing "good enough," but God's standard isn't other people -- it's perfection.

This isn't meant to discourage us -- it's meant to show us the truth. God is perfect but we all need help. We all need Jesus Christ, who lived the perfect life we couldn't live.

ATTACK

God, I have fallen short time and time again -- on and off the court. Please forgive my pride and my tendency to compare myself to others. Help me focus on You and rest in Your love. Amen.

BLOCK

> **I block the lie that it's all up to me or that I'm 'good enough' on my own. I know I need God, and I'm not afraid to admit it.**

DIG

1 John 1:8 (NIV)

"If we claim to be without sin, we deceive ourselves and the truth is not in us."

SERVE

> Where do you tend to compare yourself to others instead of looking to God?

> What would it look like to be honest about your need for Him?

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WEEK 2

GRACE, NOT GUILT

RECEIVE

Romans 8:1 (NIV)

"Therefore, there is now no condemnation for those who are in Christ Jesus."

SET

In volleyball, if you let every mistake haunt you, you'll never play freely. The best players have short memories -- they shake off the error and get back in position.

God doesn't want you living under a cloud of guilt. Yes, we sin. Yes, it matters. But Jesus took the punishment so you don't have to carry the weight. Grace means the score has already been settled.

You don't have to earn your way back into God's good graces. You're already there -- because of what Jesus did, not what you do.

ATTACK

Lord, thank You that there is no condemnation for those in Christ. Help me to receive Your grace fully and stop punishing myself for what You have already forgiven. Amen.

BLOCK

> **I block the lie that I have to earn my way back to God. Jesus paid the full price -- I am forgiven, free, and fully loved.**

DIG

Ephesians 2:8-9 (NIV)

"For it is by grace you have been saved, through faith -- and this is not from yourselves, it is the gift of God -- not by works, so that no one can boast."

SERVE

> Is there something you've done that you still feel guilty about, even after asking for forgiveness?

> What would it look like to truly receive God's grace today?

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WEEK 3

WHO IS JESUS?

RECEIVE

John 14:6 (NIV)

"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

SET

In volleyball, you need to know your position. You need to know your role, your assignment, and who you're playing for. Without that clarity, the whole team breaks down.

Jesus didn't leave us guessing about who He is. He said it plainly: I am the way. The truth. The life. Not a way -- the way. Not a good teacher or a moral example -- the Son of God.

Everything in the Christian life flows from answering this one question: Who is Jesus to you? Not who does your family say He is. Not who your church says He is. Who do YOU say He is?

ATTACK

Jesus, I believe You are the way, the truth, and the life. Help me to know You more -- not just know about You. Amen.

BLOCK

> **I block the lie that Jesus is just one option among many. He is the way, the truth, and the life -- and I build my life on Him.**

DIG

John 1:14 (NIV)

"The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth."

SERVE

> In your own words, who is Jesus to you -- not just what you've been taught, but what you actually believe?

> How does knowing Jesus as "the way, the truth, and the life" change how you live day to day?

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WEEK 4

THE HOLY SPIRIT

RECEIVE

John 14:26 (NIV)

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."

SET

Every great volleyball team has a coach on the sideline -- someone who sees the whole court, calls the right plays, and guides the team through the chaos of the game. You don't have to figure it all out on your own.

God didn't leave us alone after Jesus ascended. He sent the Holy Spirit -- the Advocate, the Helper, the one who lives inside every believer. He teaches. He guides. He convicts. He comforts.

The question isn't whether the Holy Spirit is available to you. He is. The question is whether you're listening.

ATTACK

Holy Spirit, I invite You to lead me today. Teach me, guide me, and help me hear Your voice above all the noise. Amen.

BLOCK

> **I block the lie that I have to figure life out on my own. The Holy Spirit lives in me -- I am never without guidance, comfort, or power.**

DIG

Romans 8:26 (NIV)

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

SERVE

> How aware are you of the Holy Spirit's presence in your daily life?

> What would it look like to actually listen to and follow the Holy Spirit today?

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WEEK 5

FAITH OVER FEAR

RECEIVE

Proverbs 3:5-6 (NIV)

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

SET

In volleyball, there are moments when you have to go for it -- a jump serve, a back-row attack, a risky dig. If you hesitate, you lose the point. You have to trust your training and commit.

Faith works the same way. It's not the absence of fear -- it's the decision to trust God more than your fear. Leaning on your own understanding means trying to control everything. Trusting God means releasing control and following His lead.

God doesn't promise a clear view of the whole path. He promises to make it straight as you walk it. That's faith -- one step at a time.

ATTACK

Lord, I choose to trust You today -- even when I can't see the whole path. Help me to lean on You instead of my own understanding. Amen.

BLOCK

> **I block the lie that I need to have it all figured out before I move forward. I trust God with all my heart, and He will direct my steps.**

DIG

Hebrews 11:1 (NIV)

"Now faith is confidence in what we hope for and assurance about what we do not see."

SERVE

- Where in your life are you leaning on your own understanding instead of trusting God?
- What would it look like to take one step of faith this week -- even without seeing the full picture?

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WEEK 6

PRAYER: THE REAL WARM-UP

RECEIVE

Philippians 4:6-7 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

SET

No serious athlete skips the warm-up. You stretch, you move, you prepare your body for what's coming. Skipping it means you're going into the game cold -- and that's when injuries happen.

Prayer is the spiritual warm-up. It's how you prepare your heart and mind for the day. It's how you stay connected to God in the middle of the chaos. It's how you trade anxiety for peace.

God isn't looking for perfect prayers. He's looking for honest ones. Talk to Him like He's real -- because He is.

ATTACK

Father, I bring You everything I'm carrying today. Thank You that I don't have to figure it out alone. Guard my heart and mind with Your peace. Amen.

BLOCK

> **I block the lie that prayer is optional or that God doesn't hear me. Prayer is my direct line to God -- and He always listens.**

DIG

1 Thessalonians 5:17 (NIV)

"Pray continually."

SERVE

> How consistent is your prayer life right now -- and what gets in the way?

> What would it look like to bring your anxiety to God in prayer instead of carrying it yourself?

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WEEK 7

THE WORD IS YOUR PLAYBOOK

RECEIVE

2 Timothy 3:16-17 (NIV)

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."

SET

Every team has a playbook. It tells you what to do in every situation -- when to attack, when to defend, how to respond when things go wrong. A player who doesn't know the playbook is a liability.

The Bible is your spiritual playbook. It teaches you how to live. It corrects you when you go off course. It trains you for every situation you'll face. A Christian who doesn't read the Word is going into the game unprepared.

You don't have to read it perfectly. You just have to read it consistently. Open it. Let it speak.

ATTACK

God, give me a hunger for Your Word. Help me to read it, understand it, and live it -- not just know it. Amen.

BLOCK

> **I block the lie that I don't have time for the Bible. God's Word is my playbook -- and I will stay in it so I'm equipped for everything I face.**

DIG

Psalm 119:105 (NIV)

"Your word is a lamp for my feet, a light on my path."

SERVE

> How regularly are you reading the Bible right now -- and what's your biggest obstacle?

> What is one passage of Scripture that has shaped how you think or live?

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WEEK 8

COMMUNITY: YOU NEED A TEAM

RECEIVE

Hebrews 10:24-25 (NIV)

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another -- and all the more as you see the Day approaching."

SET

Volleyball cannot be played alone. You need a team. You need people who cover your weaknesses, push you to be better, and celebrate with you when you win. A solo player is just a person standing on a court.

Faith was never meant to be a solo sport either. God designed us for community -- for people who will spur us on, hold us accountable, and show up when things get hard.

Isolation is one of the enemy's favorite tools. Don't let him use it on you. Get connected. Stay connected. You need your team.

ATTACK

Lord, thank You for the gift of community. Help me to invest in it, not just consume it. Show me who needs me to show up for them. Amen.

BLOCK

I block the lie that I can do this alone. God designed me for community -- and I will pursue it, invest in it, and refuse to isolate.

DIG

Ecclesiastes 4:9-10 (NIV)

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

SERVE

> How connected are you to a real faith community right now?

> Who in your life is spurring you on toward love and good deeds -- and who are you doing that for?

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WEEK 9

WORSHIP: MORE THAN A SONG

RECEIVE

Romans 12:1 (NIV)

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God -- this is your true and proper worship."

SET

Worship isn't just what happens on Sunday morning with a band and a crowd. Worship is how you live. It's the offering of your whole life -- your body, your time, your talent, your effort -- to God.

In volleyball, when you give everything on the court -- every dive, every sprint, every serve -- that can be an act of worship. When you do it for God's glory, not just your own, it becomes something sacred.

God is not looking for perfect performances. He's looking for surrendered lives. That's true worship.

ATTACK

Lord, I offer You my whole life today -- not just my Sunday mornings. Help me to live in a way that honors You in everything I do. Amen.

BLOCK

> **I block the lie that worship is just singing. My whole life is an act of worship -- and I choose to offer it fully to God.**

DIG

John 4:23-24 (NIV)

"Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks."

SERVE

> What does worship look like in your daily life beyond church or music?

> How can you offer your athletic training or competition as an act of worship this week?

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WEEK 10

SERVING OTHERS: THE POINT OF IT ALL

RECEIVE

Mark 10:45 (NIV)

"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

SET

Jesus -- the most powerful person who ever lived -- chose to serve. Not because He had to. Because He wanted to. That's the model. That's the standard.

In volleyball, the best players aren't the ones who demand the ball. They're the ones who do the dirty work -- the dive, the dig, the set that nobody notices. They make everyone around them better.

God is calling you to be that kind of player. In your family. On your team. In your school. In your community. Shut up the voice that says "I deserve better." And serve.

ATTACK

Lord, help me to serve like Jesus -- not for recognition, not for reward, but because You first served me. Amen.

BLOCK

> **I block the lie that serving others makes me less. Because of Christ, I am called to serve -- and in serving, I find my greatest purpose.**

DIG

Galatians 5:13 (NIV)

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love."

SERVE

> What does it look like to serve first in your daily life -- at home, at school, on your team?

> What is the hardest part of serving without recognition?

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WEEK 11

INTEGRITY: PLAYING THE SAME GAME EVERYWHERE

RECEIVE

Proverbs 11:3 (NIV)

"The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity."

SET

Integrity means you play the same game whether the coach is watching or not. Whether the ref sees it or not. Whether anyone is in the stands or not. You are who you are -- consistently.

The world is full of people who perform for the crowd and fall apart in private. God is looking for something different: people whose private life matches their public life. People who are the same on the court and off it.

Integrity isn't perfection. It's consistency. It's choosing to do the right thing even when no one is watching -- because Someone always is.

ATTACK

God, make me a person of integrity. Help me to be the same person in private that I am in public -- and to honor You in both. Amen.

BLOCK

> **I block the lie that it only matters when people are watching. God sees everything -- and I choose to live with integrity in every area of my life.**

DIG

Luke 16:10 (NIV)

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."

SERVE

> Is there a gap between who you are in public and who you are in private? What does that look like?

> What is one area of your life where you need to close that gap this week?

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WEEK 12

HUMILITY: THE FOUNDATION OF GREATNESS

RECEIVE

Philippians 2:3-4 (NIV)

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

SET

The most dangerous player on any team isn't the most talented -- it's the most humble. Humble players are coachable. They receive correction without shutting down. They celebrate others' success without jealousy. They make everyone around them better.

Pride is the enemy of growth. It tells you that you already know enough, that you don't need correction, that your way is the right way. Humility says: I have more to learn. I need my team. I need God.

Jesus -- the Son of God -- washed His disciples' feet. If He could get low, so can you.

ATTACK

Lord, give me a humble heart. Help me to value others above myself and to receive correction without defensiveness. Amen.

BLOCK

> **I block the lie that humility is weakness. Humility is the foundation of greatness -- and I choose to value others above myself.**

DIG

James 4:10 (NIV)

"Humble yourselves before the Lord, and he will lift you up."

SERVE

> Where does pride show up most in your life -- on the court, at home, with friends?

> What would it look like to genuinely value someone else above yourself this week?

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WEEK 13

PERSEVERANCE: DON'T QUIT

RECEIVE

James 1:2-4 (NIV)

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

SET

Every great athlete has a moment when they want to quit. The season is long. The losses pile up. The body is tired. The mind is done. That's the moment that separates the good from the great -- not talent, but the decision to keep going.

God uses those moments. He doesn't waste the hard seasons. The testing of your faith isn't punishment -- it's production. It's building something in you that can't be built any other way.

Don't quit. Not on your team. Not on your faith. Not on yourself. Let perseverance finish its work.

ATTACK

God, give me the strength to keep going when I want to quit. Help me to trust that You are building something in me through every hard moment. Amen.

BLOCK

> **I block the lie that quitting is the answer. God is building perseverance in me through every trial -- and I will let it finish its work.**

DIG

Galatians 6:9 (NIV)

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

SERVE

- What are you most tempted to quit right now -- and what's driving that temptation?
- How does knowing God is building something in you through this trial change how you see it?

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WEEK 14

THE CROSS

RECEIVE

Romans 5:8 (NIV)

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

SET

The cross is the center of everything. Not a symbol. Not a piece of jewelry. The actual moment when God became man, took on every sin ever committed, and paid a price He didn't owe so we could have a life we didn't earn.

In volleyball, the best plays are the ones where someone sacrifices their body for the team -- the dive, the block, the set that costs you. Jesus made the ultimate sacrifice. Not for a team that deserved it. For people who were still walking away from Him.

You don't have to earn the cross. You just have to receive it. That's the whole gospel.

ATTACK

Jesus, thank You for the cross. Thank You for dying for me while I was still a sinner. Help me to never get over what You did for me. Amen.

BLOCK

> **I block the lie that I have to earn God's love. Jesus died for me while I was still a sinner -- the cross is proof that His love is unconditional.**

DIG

1 Peter 2:24 (NIV)

"He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed."

SERVE

> What does the cross mean to you personally -- not just theologically, but in your daily life?

> How does knowing Jesus died for you while you were still a sinner change how you see yourself?

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WEEK 15

THE RESURRECTION

RECEIVE

1 Corinthians 15:17 (NIV)

"And if Christ has not been raised, your faith is futile; you are still in your sins."

SET

The resurrection is not a metaphor. It's not a symbol of new beginnings or a spiritual concept. It's a historical event -- the most important thing that has ever happened in the history of the world.

Jesus died. He was buried. And on the third day, He rose from the dead. That changes everything. It means death is not the end. It means sin doesn't have the final word. It means the same power that raised Jesus from the dead is available to you right now.

You don't serve a dead teacher. You serve a risen King.

ATTACK

Lord, thank You that You are alive. Help me to live like the resurrection is real -- because it is. Amen.

BLOCK

> **I block the lie that death and defeat have the final word. Jesus rose from the dead -- and the same power that raised Him lives in me.**

DIG

Romans 8:11 (NIV)

"And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you."

SERVE

> How does the resurrection change the way you face your hardest circumstances right now?

> What would it look like to live today like you actually believe Jesus is alive?

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WEEK 16

SALVATION: THE DECISION

RECEIVE

Romans 10:9 (NIV)

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

SET

At some point, faith has to become a decision. Not just something you grew up with, not just something you believe in the back of your mind -- a real, personal, definitive choice to follow Jesus.

In volleyball, you can watch from the sideline forever. But at some point, you have to step onto the court. You have to commit. You have to play.

Salvation is the same. It's not complicated. Believe in your heart. Declare with your mouth. That's it. The most important decision you will ever make -- and it's available to you right now.

ATTACK

Jesus, I believe You are Lord. I believe You died for my sins and rose from the dead. I give You my life. Save me and lead me. Amen.

BLOCK

> **I block the lie that salvation is complicated or that I have to clean myself up first. Jesus saves me as I am -- I just have to say yes.**

DIG

John 3:16 (NIV)

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

SERVE

> Have you made a personal decision to follow Jesus -- not just believe about Him, but commit your life to Him?

> If you have, what was that moment like? If you haven't, what is holding you back?

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WEEK 17

BAPTISM: GOING PUBLIC

RECEIVE

Matthew 28:19 (NIV)

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

SET

Baptism is not what saves you -- Jesus saves you. But baptism is how you go public with it. It's the moment you step out and say to the world: I belong to Jesus. I'm not ashamed. I'm all in.

In volleyball, there's a difference between practicing in your backyard and stepping onto the court in front of a crowd. Baptism is stepping onto the court. It's declaring your allegiance in front of witnesses.

If you've given your life to Jesus but haven't been baptized, this is your invitation. Don't wait. Go public.

ATTACK

Lord, give me the courage to go public with my faith. Help me to live and declare -- without shame -- that I belong to You. Amen.

BLOCK

> **I block the lie that my faith is a private matter. Jesus went public for me -- and I will go public for Him.**

DIG

Acts 2:38 (NIV)

"Peter replied, 'Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.'"

SERVE

> Have you been baptized? If so, what did that moment mean to you?

> What does it look like to "go public" with your faith in your everyday life?

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WEEK 18

DISCIPLESHIP: FOLLOWING FOR REAL

RECEIVE

Luke 9:23 (NIV)

"Then he said to them all: 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'"

SET

A disciple is not just someone who believes in Jesus. A disciple is someone who follows Jesus -- daily, practically, at real cost.

Deny yourself. Take up your cross. Follow Me. That's three commands in one verse. It's not a one-time decision -- it's a daily one. Every morning you wake up and choose again: my way or His way.

In volleyball, you don't become great by watching. You become great by showing up every day and doing the work. Discipleship is the same. Show up. Do the work. Follow -- for real.

ATTACK

Jesus, I choose to follow You today -- not just believe in You. Help me to deny myself, take up my cross, and walk where You lead. Amen.

BLOCK

> **I block the lie that following Jesus is a one-time decision. Discipleship is a daily choice -- and I choose to follow Him today.**

DIG

John 8:31 (NIV)

"To the Jews who had believed him, Jesus said, 'If you hold to my teaching, you are really my disciples.'"

SERVE

> What does it look like practically to "deny yourself" in your daily life?

> What is the hardest part of following Jesus for you right now?

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WEEK 19

THE GREAT COMMISSION

RECEIVE

Matthew 28:19-20 (NIV)

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."

SET

The last thing Jesus said before He ascended was not a suggestion. It was a command. Go. Make disciples. Baptize. Teach. This is the mission.

Every follower of Jesus is a missionary. Not just the ones who go overseas. The ones who go to school, to practice, to work, to their neighborhood. Your court is your mission field.

You don't have to have all the answers. You don't have to be a theologian. You just have to go -- and tell people what Jesus has done for you. That's the Great Commission. It starts with you.

ATTACK

Lord, give me a heart for the people around me who don't know You. Help me to go and make disciples -- starting with the people right in front of me. Amen.

BLOCK

> **I block the lie that the Great Commission is for someone else. Jesus commanded me to go -- and I will go to the people He has placed in my life.**

DIG

Acts 1:8 (NIV)

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

SERVE

> Who in your life right now needs to hear about Jesus?

> What is one practical step you can take this week to share your faith with someone?

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WEEK 20

SHARING YOUR STORY

RECEIVE

Revelation 12:11 (NIV)

"They triumphed over him by the blood of the Lamb and by the word of their testimony."

SET

You have a story. Maybe it's dramatic. Maybe it feels ordinary. But it's yours -- and nobody can argue with it.

The enemy hates your testimony because it's one of the most powerful weapons you have. When you tell people what God has done in your life, it breaks down walls that arguments never could. It's not about being eloquent. It's about being honest.

In volleyball, the best play is the one that actually works. Your story works. It's real. It's personal. It's yours. Don't keep it to yourself.

ATTACK

Lord, help me to own my story and share it boldly. Use what You've done in my life to reach someone else. Amen.

BLOCK

> **I block the lie that my story isn't worth sharing. The word of my testimony is a weapon -- and I will use it.**

DIG

1 Peter 3:15 (NIV)

"But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have."

SERVE

> What is the core of your story -- what has God done in your life that you could share with someone?

> What holds you back from sharing your faith with the people around you?

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WEEK 21

THE CHURCH

RECEIVE

Acts 2:42 (NIV)

"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

SET

The church is not a building. It's not a Sunday morning service. It's a community of people who are devoted to Jesus -- together.

The early church didn't just attend. They devoted themselves. To teaching. To fellowship. To prayer. To each other. They were all in -- and the result was a movement that changed the world.

You need the church. Not as a consumer -- as a contributor. Not to be served -- to serve. Find your people. Get devoted. The church is the team God designed for you.

ATTACK

Lord, help me to be devoted to Your church -- not just attending, but contributing. Make me a builder, not just a spectator. Amen.

BLOCK

> **I block the lie that I can follow Jesus alone. God designed me for community -- and I will be devoted to His church.**

DIG

Hebrews 10:24-25 (NIV)

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another."

SERVE

> How devoted are you to your church community right now -- and what does that look like practically?

> What is one way you can contribute to your church rather than just consume from it?

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WEEK 22

SPIRITUAL GIFTS

RECEIVE

1 Corinthians 12:7 (NIV)

"Now to each one the manifestation of the Spirit is given for the common good."

SET

Every player on a volleyball team has a role. The setter sets. The libero digs. The outside hitter attacks. Nobody does everything -- and the team needs everyone.

God has given every believer spiritual gifts -- not for their own benefit, but for the common good. Teaching. Encouragement. Generosity. Leadership. Mercy. These aren't personality traits -- they're Spirit-given tools for building the body of Christ.

Do you know your gifts? Are you using them? The team needs what only you can bring.

ATTACK

Holy Spirit, show me the gifts You've given me. Help me to use them faithfully for the good of others and the glory of God. Amen.

BLOCK

> **I block the lie that I don't have anything to offer. God has given me spiritual gifts for the common good -- and I will use them.**

DIG

Romans 12:6 (NIV)

"We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith."

SERVE

> What do you think your spiritual gifts are -- and how are you currently using them?

> How does knowing your gifts are for the "common good" change how you think about them?

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WEEK 23

GENEROSITY

RECEIVE

2 Corinthians 9:7 (NIV)

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."

SET

Generosity is not about how much you have. It's about the posture of your heart. A cheerful giver doesn't give because they have to -- they give because they want to. Because they've been given so much.

In volleyball, the best teammates give freely -- their energy, their encouragement, their effort. They don't hold back. They don't calculate what they'll get in return. They just give.

God is the most generous being in the universe. He gave His Son. He gives grace. He gives mercy. He gives life. When you give generously, you look like your Father.

ATTACK

Lord, make me a cheerful giver. Help me to hold my resources loosely and give freely -- because You gave everything for me. Amen.

BLOCK

> **I block the lie that I don't have enough to give. God loves a cheerful giver -- and I choose to give generously from what He has given me.**

DIG

Luke 21:1-4 (NIV)

"As Jesus looked up, he saw the rich putting their gifts into the temple treasury. He also saw a poor widow put in two very small copper coins. 'Truly I tell you,' he said, 'this poor widow has put in more than all the others.'"

SERVE

> How would you describe your current posture toward generosity -- tight-fisted or open-handed?

> What is one area where you could give more freely this week -- money, time, energy, or encouragement?

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WEEK 24

FORGIVENESS

RECEIVE

Colossians 3:13 (NIV)

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

SET

Unforgiveness is the heaviest thing you can carry onto the court. It slows you down. It clouds your vision. It poisons your team.

You cannot serve well while holding a grudge. The teammate who wronged you. The coach who cut you. The parent who wasn't there. The friend who betrayed you. Carrying that weight will cost you more than letting it go ever will.

Forgiveness is not saying what they did was okay. It's saying you refuse to let it own you anymore. Forgive as the Lord forgave you -- completely, freely, without conditions.

ATTACK

Jesus, You forgave me when I didn't deserve it. Give me the strength to extend that same grace to others. Set me free to serve. Amen.

BLOCK

> **I block the lie that holding onto unforgiveness protects me. Forgiveness sets me free -- and I choose to forgive as Christ has forgiven me.**

DIG

Matthew 6:14 (NIV)

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you."

SERVE

> Is there someone you are carrying unforgiveness toward right now?

> What would it look like to make the decision to forgive -- even before you feel it?

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WEEK 25

PRAYER

RECEIVE

Matthew 6:9-10 (NIV)

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.'"

SET

Prayer is not a religious ritual. It's a conversation with the God of the universe who actually wants to hear from you.

Jesus didn't give His disciples a formula -- He gave them a framework. Worship. Surrender. Request. Confession. Protection. It's a conversation that covers everything.

In volleyball, communication wins games. The team that talks -- "mine," "help," "got it" -- is the team that stays together under pressure. Prayer is how you stay in communication with God under pressure. Don't go silent when things get hard. Talk to Him.

ATTACK

Father, teach me to pray -- really pray. Not just recite words, but actually talk to You and listen for Your voice. Amen.

BLOCK

> **I block the lie that God doesn't hear my prayers or that prayer doesn't make a difference. God hears me -- and prayer changes things.**

DIG

1 John 5:14 (NIV)

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

SERVE

> How would you describe your prayer life right now -- and what gets in the way?

> What would it look like to pray more honestly and consistently this week?

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WEEK 26

THE BIBLE

RECEIVE

Hebrews 4:12 (NIV)

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

SET

The Bible is not a history book. It's not a rulebook. It's a living, active word from God that speaks directly into your life -- right now, today, in your specific situation.

In volleyball, you study film. You review the playbook. You prepare so that when the moment comes, you know what to do. The Bible is your film. Your playbook. Your preparation for every moment life throws at you.

You can't live on last week's word. You need it fresh -- every day. Open it. Read it. Let it cut through the noise and speak.

ATTACK

God, give me a hunger for Your Word. Help me to read it, understand it, and let it change me from the inside out. Amen.

BLOCK

> **I block the lie that the Bible is outdated or irrelevant. God's Word is alive and active -- and it speaks directly into my life today.**

DIG

Psalm 119:105 (NIV)

"Your word is a lamp for my feet, a light on my path."

SERVE

> How consistently are you reading the Bible right now -- and what's your biggest obstacle?

> What is one passage of Scripture that has recently spoken directly into your life?

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WEEK 27

THE HOLY SPIRIT

RECEIVE

John 14:26 (NIV)

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."

SET

You are not doing this alone. That's not a motivational phrase -- it's a theological fact. When Jesus left, He didn't leave you with a rulebook and a "good luck." He sent the Holy Spirit.

The Holy Spirit is not a force or a feeling. He is a Person -- the third Person of the Trinity -- who lives inside every believer. He teaches. He guides. He convicts. He comforts. He empowers.

In volleyball, the best coaches don't just give instructions from the sideline -- they get in the huddle. The Holy Spirit is in the huddle with you. Every moment. Every decision. Every serve.

ATTACK

Holy Spirit, I invite You to lead me today. Teach me, guide me, and empower me to serve in a way I never could on my own. Amen.

BLOCK

> **I block the lie that I have to figure this out on my own. The Holy Spirit lives in me -- He teaches, guides, and empowers me every step of the way.**

DIG

Romans 8:26 (NIV)

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

SERVE

> How aware are you of the Holy Spirit's presence and guidance in your daily life?

> What would it look like to actively invite the Holy Spirit into your decisions this week?

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WEEK 28

THE FRUIT

RECEIVE

Galatians 5:22-23 (NIV)

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

SET

You can tell a tree by its fruit. Not by what it says it is -- by what it produces. A mango tree doesn't try to produce mangoes. It just stays connected to the root, and the fruit comes naturally.

The fruit of the Spirit is not a checklist of behaviors to perform. It's the natural result of staying connected to Jesus. When you abide in Him -- when you stay rooted in His Word, His presence, His community -- love, joy, peace, and the rest start to show up in your life without you forcing them.

The question is not "am I trying hard enough?" The question is "am I staying connected?"

ATTACK

Lord, help me to stay connected to You so that Your fruit grows naturally in my life. I can't produce it on my own -- but You can through me. Amen.

BLOCK

> **I block the lie that I have to manufacture spiritual fruit through effort alone. I stay connected to Jesus -- and the fruit grows naturally from that connection.**

DIG

John 15:5 (NIV)

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

SERVE

> Which fruit of the Spirit is most evident in your life right now -- and which is most lacking?

> What does it mean practically to "stay connected" to Jesus in your daily routine?

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WEEK 29

THE ARMOR

RECEIVE

Ephesians 6:13 (NIV)

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

SET

No athlete steps onto the court without their gear. Shoes. Knee pads. Jersey. You suit up before you compete -- because you know what's coming.

Paul describes the spiritual life the same way. Belt of truth. Breastplate of righteousness. Shoes of peace. Shield of faith. Helmet of salvation. Sword of the Spirit. This is not metaphor -- it's a battle plan.

You are in a spiritual battle every single day. The question is whether you're showing up suited up or showing up exposed. Put on the full armor. Don't go out there unprotected.

ATTACK

Lord, I put on Your armor today. Truth, righteousness, peace, faith, salvation, Your Word. I stand in Your strength -- not my own. Amen.

BLOCK

> **I block the lie that I can face today's battles unprotected. I put on the full armor of God -- and I stand firm in His strength.**

DIG

Ephesians 6:10 (NIV)

"Finally, be strong in the Lord and in his mighty power."

SERVE

> Which piece of the armor do you most often forget to put on -- and what does that cost you?

> What does it look like practically to "put on" each piece of the armor before your day begins?

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WEEK 30

TEMPTATION

RECEIVE

1 Corinthians 10:13 (NIV)

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

SET

Every athlete faces moments when they want to quit, cut corners, or take the easy way out. The temptation to cheat. To give less than your best. To do what's comfortable instead of what's right.

Temptation is not a sign that you're weak -- it's a sign that you're in the game. Jesus was tempted. Every person who has ever tried to live for God has been tempted. The difference is what you do with it.

God promises a way out. Not a way around -- a way through. When temptation comes, look for the exit. It's always there.

ATTACK

God, when temptation comes, help me to find the way out You have already provided. Give me the strength to take it. Amen.

BLOCK

> **I block the lie that I have no choice when temptation comes. God always provides a way out -- and I will look for it and take it.**

DIG

James 1:14-15 (NIV)

"But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."

SERVE

> What is your most consistent area of temptation -- and what does the "way out" look like for you?

> How does knowing that temptation is "common to mankind" change how you feel about your own struggles?

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WEEK 31

SIN AND ITS CONSEQUENCES

RECEIVE

Romans 6:23 (NIV)

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

SET

Sin is not just breaking rules. It's choosing your way over God's way -- and it always costs more than you planned to pay.

In volleyball, a bad serve doesn't just lose a point. It shifts momentum. It affects the team. It changes the game. Sin works the same way. It rarely stays contained. It spreads. It costs. It separates.

But the verse doesn't end with death. It ends with a gift. The wages of sin is death -- but the gift of God is eternal life. That's the whole gospel in one sentence. You earned death. He gave you life. That's grace.

ATTACK

Lord, I don't want to minimize sin or pretend it doesn't matter. Help me to take it seriously -- and to run back to Your grace every time I fall. Amen.

BLOCK

> **I block the lie that sin is no big deal. Sin has real consequences -- but the gift of God is eternal life, and His grace is greater than my failure.**

DIG

Galatians 6:7-8 (NIV)

"Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life."

SERVE

> Is there an area of sin in your life right now that you have been minimizing or ignoring?

> How does understanding the real cost of sin change how you approach it?

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WEEK 32

REPENTANCE

RECEIVE

Acts 3:19 (NIV)

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."

SET

Repentance is not just feeling bad about what you did. It's turning around. Changing direction. Going a different way.

In volleyball, if you're serving out of bounds, feeling bad about it doesn't fix anything. You have to adjust. Change your angle. Correct your form. That's repentance -- not just remorse, but a real change of direction.

And here's what makes repentance powerful: it's not just about stopping something bad. It's about receiving something good. Times of refreshing come from the Lord when you turn back to Him. Repentance is the door to renewal.

ATTACK

Lord, I turn to You. Not just away from what's wrong -- but toward You. Bring the refreshing that only comes from Your presence. Amen.

BLOCK

> **I block the lie that repentance is just about guilt and shame. Repentance is a turn toward God -- and it opens the door to His refreshing.**

DIG

2 Corinthians 7:10 (NIV)

"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death."

SERVE

> What is the difference between godly sorrow (repentance) and worldly sorrow (just feeling bad)?

> Is there something in your life right now that you need to repent of -- not just feel bad about, but actually turn from?

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WEEK 33

GRACE

RECEIVE

Ephesians 2:8-9 (NIV)

"For it is by grace you have been saved, through faith -- and this is not from yourselves, it is the gift of God -- not by works, so that no one can boast."

SET

Grace is getting what you don't deserve. Not just avoiding punishment -- receiving a gift. Salvation, forgiveness, a new start, a new identity, a new future. None of it earned. All of it given.

Athletes are wired to earn things. Playing time. Starting spots. Trophies. That's how sports work. But that's not how grace works. You can't earn it. You can't work for it. You can't be good enough to deserve it. You just receive it.

That's the hardest thing for a competitor to do -- receive something they didn't earn. But that's exactly what God is offering. Open your hands.

ATTACK

God, thank You for grace I didn't earn and don't deserve. Help me to receive it fully -- and to extend it freely to others. Amen.

BLOCK

> **I block the lie that I have to earn God's favor. Grace is a gift -- not a reward. I receive it with open hands.**

DIG

Romans 5:8 (NIV)

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

SERVE

> Is it hard for you to receive grace -- to accept something you didn't earn? Why or why not?

> How does understanding grace change the way you relate to God and to other people?

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WEEK 34

FAITH

RECEIVE

Hebrews 11:1 (NIV)

"Now faith is confidence in what we hope for and assurance about what we do not see."

SET

Faith is not blind optimism. It's not pretending everything is fine when it isn't. It's confidence in a Person -- in who God is and what He has said -- even when you can't see the outcome yet.

Every athlete operates by faith. You train for a game that hasn't happened yet. You believe the work will pay off before you see the results. You trust the process before you see the prize.

Spiritual faith works the same way. You act on what God has said before you see it come to pass. You serve before you see the fruit. You trust before you see the breakthrough. That's faith -- and it's what pleases God.

ATTACK

Lord, increase my faith. Help me to act on what You have said -- even when I can't see it yet. I trust You. Amen.

BLOCK

> **I block the lie that faith requires certainty. Faith is confidence in who God is -- and I choose to trust Him even when I can't see the outcome.**

DIG

Hebrews 11:6 (NIV)

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."

SERVE

> What area of your life requires the most faith right now -- where are you trusting God for something you can't yet see?

> How does the definition of faith in Hebrews 11:1 challenge or encourage you?

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WEEK 35 HOPE

RECEIVE

Romans 15:13 (NIV)

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

SET

Hope is not wishful thinking. Biblical hope is a confident expectation -- a certainty about the future based on who God is and what He has promised.

In volleyball, hope is what keeps you fighting when you're down 0-2 in sets. It's what makes you believe the comeback is possible. It's what keeps you serving when the score doesn't look good.

God is the God of hope. Not the God of "maybe" or "we'll see." He fills you with joy and peace as you trust Him -- and the overflow is hope that doesn't depend on your circumstances. That kind of hope changes everything.

ATTACK

God of hope, fill me with joy and peace as I trust You. Let hope overflow from my life to everyone around me. Amen.

BLOCK

> **I block the lie that my circumstances determine my hope. My hope is in the God who never changes -- and it overflows by the power of the Holy Spirit.**

DIG

Lamentations 3:24 (NIV)

"I say to myself, 'The Lord is my portion; therefore I will wait for him.'"

SERVE

> What is the difference between worldly hope (wishful thinking) and biblical hope (confident expectation)?

> Where do you most need the God of hope to fill you with joy and peace right now?

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WEEK 36

LOVE

RECEIVE

1 Corinthians 13:4-5 (NIV)

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

SET

Love is not a feeling. It's a decision. A daily, costly, sometimes inconvenient decision to put someone else first.

Paul's description of love in 1 Corinthians 13 is not a poem for weddings -- it's a job description for servants. Patient. Kind. Not self-seeking. Not easily angered. Keeps no record of wrongs. That's hard. That's daily. That's the kind of love that changes people.

Jesus didn't just talk about this kind of love. He lived it. He died for it. And He calls you to love the same way -- not because it's easy, but because it's the most powerful force in the world.

ATTACK

Lord, teach me to love the way You love -- patient, kind, not self-seeking. Help me to choose love even when it costs me something. Amen.

BLOCK

> **I block the lie that love is just a feeling. Love is a daily decision -- and I choose to love the way Jesus loves, even when it's hard.**

DIG

1 John 4:19 (NIV)

"We love because he first loved us."

SERVE

> Which characteristic of love in 1 Corinthians 13 is hardest for you to live out -- and why?

> Who in your life needs you to choose love this week, even when it's inconvenient or costly?

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WEEK 37 JOY

RECEIVE

Nehemiah 8:10 (NIV)

"Do not grieve, for the joy of the Lord is your strength."

SET

Joy is not happiness. Happiness depends on what happens. Joy is deeper -- it's a settled confidence in God that holds even when circumstances are hard.

Nehemiah said the joy of the Lord is your strength. Not your talent. Not your training. Not your team. Joy. The kind that comes from knowing who God is and what He has done -- and that nothing can take that away from you.

You can serve from a place of joy even when you're tired, even when you're discouraged, even when the score isn't in your favor. Because your joy is not based on the score. It's based on the One who already won.

ATTACK

Lord, fill me with Your joy -- not the kind that depends on circumstances, but the kind that comes from knowing You. Let it be my strength today. Amen.

BLOCK

> **I block the lie that joy depends on my circumstances. The joy of the Lord is my strength -- and it holds regardless of the score.**

DIG

Philippians 4:4 (NIV)

"Rejoice in the Lord always. I will say it again: Rejoice!"

SERVE

> What is the difference between happiness and joy -- and which one are you currently living from?

> How does the joy of the Lord function as strength in your life right now?

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WEEK 38

PEACE

RECEIVE

Philippians 4:6-7 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

SET

Anxiety is the enemy of performance. Every athlete knows what it feels like when nerves take over -- the tight muscles, the racing thoughts, the inability to focus. Anxiety steals your game.

God's answer to anxiety is not "calm down." It's prayer. Bring everything to Him -- with thanksgiving. And the result is a peace that doesn't make logical sense. A peace that transcends understanding. A peace that guards your heart and mind like a soldier standing watch.

You don't have to figure everything out. You just have to bring it to God. He'll handle the rest.

ATTACK

Lord, I bring my anxiety to You right now. Every worry, every fear, every "what if." I trade it for Your peace -- the kind that doesn't make sense but holds anyway. Amen.

BLOCK

> **I block the lie that anxiety is just part of life I have to manage. God's peace transcends understanding -- and it guards my heart and mind in Christ Jesus.**

DIG

John 14:27 (NIV)

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

SERVE

> What are you most anxious about right now -- and have you brought it to God in prayer?

> What does it mean practically for God's peace to "guard your heart and mind"?

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WEEK 39

PATIENCE

RECEIVE

James 1:3-4 (NIV)

"Because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

SET

Nobody likes waiting. Nobody likes the process. Everyone wants the result -- the win, the breakthrough, the answer -- right now.

But James says the testing of your faith produces perseverance. And perseverance, when it finishes its work, produces maturity. Completeness. A faith that doesn't crack under pressure.

In volleyball, the players who become great are not the ones with the most natural talent. They're the ones who stayed in the gym when it was hard. Who kept serving when they were tired. Who let the process do its work. Let patience finish its work in you.

ATTACK

Lord, help me to trust the process. Give me the patience to let perseverance finish its work -- so I become mature and complete in You. Amen.

BLOCK

> **I block the lie that waiting means God isn't working. The testing of my faith produces perseverance -- and I will let patience finish its work.**

DIG

Romans 5:3-4 (NIV)

"Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

SERVE

> What situation in your life right now is requiring the most patience from you?

> How does knowing that testing produces perseverance change how you view your current waiting season?

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WEEK 40

KINDNESS

RECEIVE

Ephesians 4:32 (NIV)

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

SET

Kindness is not weakness. It's not naivety. It's not letting people walk all over you. Kindness is a choice -- a deliberate decision to treat people with the same grace God has shown you.

In a world that rewards aggression and self-promotion, kindness is countercultural. It stands out. It disarms people. It opens doors that talent and strategy can't.

Jesus was kind to people who didn't deserve it. The woman caught in adultery. The thief on the cross. The disciples who abandoned Him. He was kind -- not because they earned it, but because that's who He is. Be like Him.

ATTACK

Lord, make me genuinely kind -- not just polite, but kind from the inside out. Help me to treat people the way You have treated me. Amen.

BLOCK

> **I block the lie that kindness is weakness. Kindness is the strength of someone who has been shown grace -- and I choose to extend it freely.**

DIG

Proverbs 11:17 (NIV)

"Those who are kind benefit themselves, but the cruel bring ruin on themselves."

SERVE

- Who in your life is hardest to be kind to -- and what would it look like to choose kindness toward them this week?
- How does remembering God's kindness toward you change how you treat others?

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WEEK 41

GOODNESS

RECEIVE

Psalm 23:6 (NIV)

"Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

SET

Goodness is not just being nice. It's moral integrity -- doing what is right even when it's hard, even when nobody is watching, even when the wrong choice would be easier.

God is good. Not sometimes. Not when things go well. Always. His goodness is not a response to circumstances -- it's His nature. And because His Spirit lives in you, goodness is available to you too.

The fruit of goodness shows up in the small moments. The choice you make when no one is watching. The word you say when you could say something worse. The action you take when the right thing costs you something. That's goodness -- and it follows you everywhere.

ATTACK

Lord, let Your goodness flow through me. Help me to do what is right -- not just what is easy -- in every situation today. Amen.

BLOCK

> **I block the lie that goodness is optional or situational. God's goodness lives in me -- and I choose to walk in it in every small moment.**

DIG

Romans 12:21 (NIV)

"Do not be overcome by evil, but overcome evil with good."

SERVE

> Where in your life are you most tempted to compromise on doing what is right?

> How does knowing that God's goodness follows you change how you approach your day?

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WEEK 42

FAITHFULNESS

RECEIVE

Lamentations 3:22-23 (NIV)

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

SET

Faithfulness is not a feeling. It's a track record. It's showing up -- again and again -- even when you don't feel like it, even when nobody notices, even when the results are slow.

God is faithful. Every morning. Without exception. His mercies are new every single day -- not because you earned them, but because that's who He is. He doesn't quit. He doesn't give up. He doesn't walk away.

That's the model. Be the person who shows up. Be the teammate who doesn't quit. Be the servant who keeps going when the results are invisible. Faithfulness is the foundation of everything God builds.

ATTACK

Lord, thank You for Your faithfulness that is new every morning. Make me faithful in the same way -- consistent, reliable, and steady. Amen.

BLOCK

> **I block the lie that faithfulness only matters when people are watching. God is faithful every morning -- and I choose to be faithful in the small, unseen moments.**

DIG

Matthew 25:23 (NIV)

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things.'"

SERVE

> In what area of your life is God calling you to greater faithfulness right now?

> How does God's faithfulness to you motivate you to be faithful to others?

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WEEK 43

GENTLENESS

RECEIVE

Matthew 11:29 (NIV)

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

SET

Gentleness is not timidity. It's not passivity. It's controlled strength -- power under discipline. A horse that has been trained is gentle. It's not weak. It's powerful, but submitted.

Jesus described Himself as gentle and humble in heart. The One who spoke the universe into existence. The One who could call down legions of angels. Gentle. That's not weakness -- that's mastery.

Gentleness in how you speak, how you correct, how you lead, how you serve -- it's one of the most powerful things you can bring to a relationship. People don't need to be crushed. They need to be handled with care.

ATTACK

Lord, make me gentle the way You are gentle -- not weak, but strong under control. Help me to handle people with the care they deserve. Amen.

BLOCK

> **I block the lie that gentleness is weakness. Gentleness is strength under control -- and it is one of the most powerful things I can bring to any relationship.**

DIG

Proverbs 15:1 (NIV)

"A gentle answer turns away wrath, but a harsh word stirs up anger."

SERVE

> Who in your life needs you to bring gentleness instead of force or harshness?

> What does it look like to be "strong under control" in a specific situation you are facing right now?

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WEEK 44

SELF-CONTROL

RECEIVE

1 Corinthians 9:27 (NIV)

"No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize."

SET

Self-control is the last fruit of the Spirit listed -- but it might be the one that makes all the others possible. Without self-control, love becomes emotion. Joy becomes mood. Peace becomes wishful thinking.

Paul talks about disciplining his body like an athlete. Not punishing it -- training it. Making it serve the mission instead of derailing it. Every great athlete knows the feeling: your body wants to quit, but your will says no.

The same discipline that makes you great on the court can make you great in your spiritual life. Train your appetites. Control your tongue. Manage your time. Master your habits. Self-control is not restriction -- it's freedom.

ATTACK

Lord, give me the self-control to say no to what pulls me away from You -- and yes to what draws me closer. Train me like an athlete. Amen.

BLOCK

> **I block the lie that self-control is about restriction. Self-control is the discipline that makes me free -- and I choose to train my life like an athlete.**

DIG

Proverbs 25:28 (NIV)

"Like a city whose walls are broken through is a person who lacks self-control."

SERVE

> What area of your life most needs self-control right now -- and what would it look like to train that area?

> How does viewing self-control as freedom (rather than restriction) change your approach to it?

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WEEK 45

IDENTITY IN CHRIST

RECEIVE

2 Corinthians 5:17 (NIV)

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

SET

Who are you? Not what do you do. Not what position you play. Not what your parents say or what your coach thinks or what your feed says about you. Who are you?

In Christ, you are a new creation. The old is gone. The new is here. That's not a metaphor -- it's a declaration. Your identity is not built on your performance, your past, or other people's opinions. It's built on what God says about you.

You are chosen. Loved. Forgiven. Redeemed. Called. Equipped. That's your identity. And no bad game, no failure, no season of struggle can take it away from you.

ATTACK

Lord, help me to live from who You say I am -- not from what the world says or what I feel on my worst days. I am a new creation. Amen.

BLOCK

> **I block the lie that my identity is defined by my performance or my past. In Christ, I am a new creation -- chosen, loved, and called.**

DIG

Galatians 2:20 (NIV)

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

SERVE

> What false identity have you been living from -- performance, approval, past failure?

> What does it mean practically to live from your identity in Christ rather than toward it?

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WEEK 46

PURPOSE

RECEIVE

Jeremiah 29:11 (NIV)

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

SET

You are not an accident. You are not a mistake. You were not born into the wrong family, the wrong city, the wrong era. God placed you here -- on purpose, for a purpose.

Jeremiah 29:11 was written to people in exile. People who had lost everything and couldn't see how any of it could be part of a plan. And God said: I know the plans. Not "I'm figuring it out." I know.

Your purpose is not something you have to discover on your own. It's something God reveals as you walk with Him. Stay close. Stay obedient. Stay available. The purpose will become clear.

ATTACK

Lord, I trust that You have a plan for my life. Help me to walk closely with You so that Your purpose becomes clear -- one step at a time. Amen.

BLOCK

> **I block the lie that I have to figure out my purpose on my own. God knows the plans He has for me -- and I trust Him to reveal them as I walk with Him.**

DIG

Ephesians 2:10 (NIV)

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

SERVE

> Do you believe God has a specific purpose for your life -- and what makes that hard or easy to believe?

> What is one step of obedience you can take this week that moves you closer to the purpose God has for you?

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WEEK 47

CALLING

RECEIVE

1 Peter 2:9 (NIV)

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."

SET

You have been called. Not maybe. Not if you're good enough. Called. Chosen. Set apart. That's not something you earn -- it's something you receive.

Your calling is not just a career or a ministry role. It's a way of living. Declaring the praises of the One who called you out of darkness. In every conversation. Every practice. Every game. Every ordinary Tuesday.

The question is not whether you are called. The question is whether you are living like it. You have been pulled out of darkness and placed in wonderful light. Live like someone who knows that.

ATTACK

Lord, help me to live like someone who has been called. Let my life declare Your praises -- not just on Sundays, but in every moment of every day. Amen.

BLOCK

> **I block the lie that I am not called or chosen. I have been called out of darkness into His wonderful light -- and I will live like it.**

DIG

Romans 8:30 (NIV)

"And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified."

SERVE

> What does it mean to you personally that you are "called" by God?

> How would your daily life look different if you lived every moment as someone who has been chosen and set apart?

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WEEK 48

SUFFERING

RECEIVE

Romans 5:3-4 (NIV)

"Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

SET

Nobody signs up for suffering. Nobody puts it on their vision board. But Paul says we glory in it -- not because suffering is good, but because of what it produces.

Suffering produces perseverance. Perseverance produces character. Character produces hope. That's a chain reaction that starts in the hardest place and ends in the most powerful one.

The athlete who has never been pushed never knows what they're made of. The person who has never suffered never discovers the depth of God's faithfulness. Your suffering is not wasted. It is working something in you that comfort never could.

ATTACK

Lord, I don't ask for suffering -- but I trust You in it. Use what is hard to produce something in me that nothing else can. Amen.

BLOCK

> **I block the lie that my suffering is pointless. Suffering produces perseverance, character, and hope -- and God is working in every hard moment.**

DIG

James 1:2-3 (NIV)

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

SERVE

> What suffering in your life right now could God be using to produce perseverance and character?

> How does knowing that suffering has a purpose change how you face it?

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WEEK 49

ETERNITY

RECEIVE

John 3:16 (NIV)

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

SET

Everything changes when you live with eternity in view. The things that feel urgent start to feel small. The things that feel small start to feel significant. The scoreboard of this life looks completely different when you know there's a bigger game being played.

Eternal life is not just life after death. It's a quality of life that starts now -- life connected to God, lived for His purposes, oriented toward what lasts.

You are not just playing for this season. You are playing for eternity. Every act of service, every moment of faithfulness, every choice to love -- it echoes into forever. Play like it matters. Because it does.

ATTACK

Lord, help me to live with eternity in view. Let the reality of forever change how I spend today. Amen.

BLOCK

> **I block the lie that this life is all there is. I am playing for eternity -- and every act of faithfulness echoes into forever.**

DIG

2 Corinthians 4:17 (NIV)

"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all."

SERVE

> How would living with eternity in view change your priorities this week?

> What are you investing in right now that will last beyond this life?

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WEEK 50

HEAVEN

RECEIVE

Revelation 21:4 (NIV)

"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

SET

Heaven is not a consolation prize. It's not a vague, cloudy place where you float around doing nothing. It's the restoration of everything that was broken. The end of every tear. The death of death itself.

When you serve in a broken world -- when you love people who are hurting, when you show up in the middle of pain, when you keep going even when it's hard -- you are pointing to something real. A day that is coming. A world that will be made right.

You serve now because of what is coming then. The hope of heaven is not an escape from this world -- it's the fuel that keeps you going in it.

ATTACK

Lord, let the hope of heaven fuel how I serve today. Help me to live as someone who knows how the story ends. Amen.

BLOCK

> **I block the lie that heaven is irrelevant to how I live now. The hope of what is coming fuels how I serve today -- and I live as someone who knows how the story ends.**

DIG

Philippians 3:20 (NIV)

"But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ."

SERVE

> How does the reality of heaven change how you view the suffering and brokenness you see around you?

> In what way does the hope of heaven fuel your desire to serve right now?

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WEEK 51

THE GREAT COMMANDMENT

RECEIVE

Matthew 22:37-39 (NIV)

"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'"

SET

Jesus was asked which commandment was the greatest. Out of hundreds of laws, He gave two. Love God. Love people. Everything else hangs on these.

All your serving. All your sacrifice. All your spiritual disciplines. They are only as good as the love behind them. You can serve without love and it means nothing. You can give without love and it profits nothing. Love is not one item on the list -- it is the list.

Fifty-one weeks of learning to shut up and serve. It all comes back to this: love God with everything you have. And love the person in front of you the same way you want to be loved. That's it. That's the whole thing.

ATTACK

Lord, let everything I do flow from love -- love for You and love for people. Strip away everything that is not rooted in that. Amen.

BLOCK

> **I block the lie that serving is about performance or obligation. Everything I do flows from love -- love for God and love for the person in front of me.**

DIG

1 John 4:11 (NIV)

"Dear friends, since God so loved us, we also ought to love one another."

SERVE

> Is your serving flowing from love -- or from obligation, guilt, or a desire to be seen?

> Who is the "neighbor" right in front of you right now who needs to be loved the way you want to be loved?

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WEEK 52

SHUT UP AND SERVE

RECEIVE

Micah 6:8 (NIV)

"He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

SET

Fifty-two weeks. Fifty-two chances to silence the lies and say yes to God. Fifty-two opportunities to serve when it was hard, show up when it was inconvenient, and love when it cost you something.

This is what it all comes down to. Not a complicated theology. Not a long list of rules. Three things: act justly. Love mercy. Walk humbly with your God.

Shut up the excuses. Shut up the fear. Shut up the lies. And serve -- with everything you have, for as long as you have it, for the One who gave it all for you.

This is not the end. This is just the beginning of the next year. The next season. The next chance to say yes.

Shut up. And serve.

ATTACK

Lord, thank You for this year. Thank You for every week, every challenge, every prayer. I give You the next year too. I shut up the lies -- and I choose to serve. For Your glory. Forever. Amen.

BLOCK

> **I block every lie that has tried to stop me this year -- the fear, the comparison, the shame, the excuses. I am done being silent. I shut up the lies and I serve.**

DIG

Joshua 24:15 (NIV)

"But as for me and my household, we will serve the Lord."

SERVE

> Looking back over 52 weeks -- what is the biggest thing God has taught you about serving?

> What lie did you most need to "shut up" this year -- and how did God help you do it?

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SHUT UP.
AND SERVE.

"As for me and my household, we will serve the Lord." -- Joshua 24:15

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