

## Daily Devotion For October 8, 2021

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

Ephesian 4:31-32

October is the craziest and busiest month on the sports calendar. The 2021 college and professional football seasons are underway. The MLB playoffs begin tonight with the LA Dodgers taking on the SF Giants, NHL is starting up and the NBA basketball season will soon be underway.

I know some fans who are constantly checking the sports apps on their phone to get the latest sports news. Just today the sports headlines read:

- Four-time Pro Bowl cornerback, Stephon Gilmore, was **traded** to the Carolina Panthers.
- The Cowboys **cut** Pro Bowl linebacker, Jaylon Smith, to save money.
- The Bucks and Grizzlies **stopped playing** because of a false fire alarm.
- Kyle Fuller was signed by the Denver Broncos after being **released** by the Chicago Bears.
- Jacksonville Jaguars head coach, Urban Meyer, expressed responsibility and remorse” during a full team meeting.

What I find interesting about these headlines are the **verbs** that parallel important spiritual actions we, as followers of Jesus, can do to start our day.

We must “**cut**” any thoughts, distractions, or behaviors in our lives that are holding us back and “**release**” certain emotions to prevent us from acting the wrong way. Better yet, we “**trade**” them for what’s right. We must remember to “**stop**” before we lose our temper, as well.

**Thought For Today:** Which of these verbs resonate with you today to walk closer to Jesus. Today, when you read about players being released or traded and others denying lies...teams being eliminated...games being stopped and coaches apologizing for mistakes, let’s allow the notifications and headlines to motivate and inspire you to take action spiritually.

**Today’s Prayer Focus:** Pray that the Lord will help you release all bitterness and cut out the distractions in your life. To stop you from sin and trade your old sinful nature to the new nature we have in Christ. Continue to add this week’s prayer fuel to your daily devotions. Deo Volente.