



## Sand Volleyball Devotion

### Verse:

Ecclesiastes 4:10 – “For if they fall, one will lift up his companion but woe to him who is alone when he falls, for he has no one to help him up.”

### Devotion:

It can be hard to play sand volleyball, because the force of the sand holds you down making it physically challenging. How challenging is it to come together as a body of Christ?

Have you thought to yourself what happens if you go outside the church to unite with one another and win the challenges of the world. We often face challenges alone, being prideful and thinking we can handle or conquer them on our own.

So it is in sand volleyball, you must come together as one body, one team and fight together. You must be strong in your own efforts but support your team at the same time. Sustaining patience, will, and courage is needed until the end of the game.

The game of sand volleyball is not much different than the game of life. There are ups and downs, sometimes you feel as if you're losing, but the game is not over. You may find yourself diving to save yourself or another person. You may find yourself at the highest of high, thinking you cannot be beat, becoming arrogant and then proven wrong and defeated. The sand, being the little things in life, makes the game difficult with struggles if you don't stay in shape and keep the goal (God) in site.

In this game, just as the game of life, you must show faith in God, a good attitude, solid mindset, and steadiness. You rely on God and your team to handle the ups and downs with a positive outlook. You have faith that you can handle the challenges that come before you and end up winning in the end, becoming the person God has created.

### Discussion Questions:

- Is there a challenge right now in your life that you're handling on your own, where the body of Christ could help?
- What pressures of the world are weighing you down from becoming the person that God intends you to be?