

Timeout!

We here at The Christian Center, know all about timeouts. Timeouts are an important part of a sporting event and are used in a variety of sports. Merriam-Webster Online Dictionary defines a timeout as: *a brief suspension of activity; a break, especially in an athletic game*. A timeout is a break in the action. The time clock is stopped. A timeout halts the play. The coach usually calls a timeout, and he may call one for many different reasons. Timeouts allow coaches to communicate with their team. He talks to his players. He may offer encouragement. He may want to change the strategy of the game, or the signals used to communicate with their team. He may need to see if a player is sick, injured, or fatigued. A timeout also allows the athlete a time of rest, a drink of water, or a pat on the back. And sometimes, a coach may call a timeout just to quiet the noise from the crowd. During a game, even well-trained athletes become tired, injured, thirsty, and in need of an encouraging word.

Our daily lives are very similar to sporting events. Our lives are busy. Daily life can be or become difficult and challenging. There's a lot of action. We have hard decisions to make and need wisdom and direction. We get sick, tired, injured, and thirsty. We all need a word of encouragement or a pat on the back. Life can get loud and confusing, and we too, need our coach to call a timeout. We need a short break in our activity to be refreshed. We need to be still, be quiet, and hear from our Coach.

“Be still and know that I am God...” Psalm 46:10a

As Believers, the best way to hear from our Coach is to read His Word. Praying is a great way to talk directly with Him. We need to take a timeout from the from all the voices that vie for our attention and listen to what our Coach has to say to us. We need God's wisdom and *James 1:5* assures us if we ask Him for it - He gives it generously. God has the answers for us. He has our strategy and our game plan. We need to be sure that we can hear Him in a busy and noisy world. We need to read His Word so we know what that strategy is. We need direction and insight.

*“Call to Me and I will answer you and tell you great and unsearchable things you do not know.”
Jeremiah 33:3*

We get sick, tired, and injured. When our game of life is hard and tiring, and we are out of energy, we need the reminder that our God, our Coach, is concerned about us.

*“...The Lord be exalted, who delights in the well-being of his servant.”
Psalm 35:27b*

Remember that in life, just as in sports, there is a game plan. There is action and exertion, with the ultimate goal being victory. The Coach is there for guidance and direction. The Coach sees the whole game. He knows His players and He is constantly watching over them. He knows when a timeout is needed. And He knows what His players need and what they need to hear. A timeout is a necessary break in the action, and it is called for the good of the players. We are those players. And in today's world we desperately need our timeouts. Be sure to take them.

Blessings,

The Christian Center Staff