

EXCELLENCE

R.I.P.P.E.D. 
Workout

ex•cel•lent \ ek-s(??)l?nt\ adjective [Middle English, from Middle French, from Latin excellent-, excellens, from present participle of excellere] (14th century) **1** archaic : SUPERIOR **2** : very good of its kind : eminently good : FIRST-CLASS — **ex•cel•lent•ly** adverb

To desire to excel is central to human existence. We truly see it a good to better oneself. This desire for excellence finds its origin in our created nature — that God created us to be like him, in his image. God himself is the source of all perfections and excellencies, he calls us to pursue such things in our own lives.

THINK ABOUT IT

EXCELLENCE SHINES FORTH EVEN IN TROUBLING CIRCUMSTANCES

Read together the first chapter from the book **Daniel** in the Old Testament.

Discuss the situation in which Daniel and his friends found themselves.

How did they respond? What was the result in their lives?

EXCELLENCE AS PART OF CHRISTIAN DISCIPLESHIP

While encouraging a group of Christians to be involved in giving to help others, Paul, the early Christian leader and Apostle, had this to say:

⁷ But just as you **excel in everything**—in faith, in speech, in knowledge, in complete earnestness and in your love for us⁸—see that you also excel in this grace of giving. 2 Corinthians 8:7

He encouraged the Christians in the town of Philippi in a similar fashion:

For God is my witness, how I yearn for you all with the affection of Christ Jesus. **9** And it is my prayer that your love may abound more and more, with knowledge and all discernment, **10** so that you may approve what is excellent, and so be pure and blameless for the day of Christ, **11** filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

Philippians 1:9-11



PRAY ABOUT IT — ADORATION, CONFESSION, THANKSGIVING, SUPPLICATION

- A** Thank God for who he is in his perfection. We strive for excellence in our lives, because he is the epitome of all excellencies.
- C** Confess to the Lord that you sometimes do not do your best.
- T** Thank God that he gives us power and encouragement as we seek after excellence in all that we do.
- S** Ask God to help you do **your best** in an area you are struggling with

WORK IT OUT — SUGGESTIONS FOR ACTION

WE ARE STEWARDS OF ALL GOD ENTRUSTS TO US

From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked. **Luke 12:48**

Parable of the Talents – **Matt 25:14-30**

WE ARE TO DO ALL THINGS

- To the Glory of God — **1 Corinthians 10:31**
- With Excellence — **Colossians 3:23**

ATHLETICS

Not only how you play, but how you practice, and how you act when you play and practice.



ACADEMICS

Loving God with your mind! seeking to understand the Bible, God’s ways, God’s universe, and all the implications for life based on a Christian worldview. It is unfortunate that many athletes punt their minds and academic pursuits and think God has little to do with this area of their lives...Christian athletes should never do this.

RELATIONSHIPS

Loving our neighbor as ourselves! We want to love well with others. Our friends, teammates, classmates, and family matter to God — we are commanded to love them.



THERE IS NO BIBLICAL PROHIBITION AGAINST COMPETING

- We should be servants in the way we go about excellence, not self-aggrandizing, but humble followers of Christ — but we should seek excellence in our athletic endeavors.

Biblical Illustrations from Competition – 1 Corinthians 9, 1 Timothy 4, 2 Timothy 2

“THE GOSPEL FOR US”

Grace, Grace, God’s Grace—Grace that is Greater than All My Sin...Christian Hymn

As we ask God to enable us to live excellently, we must realize that his grace sustains us in all things. If we falter, fail, and fall — he will pick you up and restore your path. Trust Him to do this — ask him to give you strength to give you best each day.

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1 Timothy 4:7,8

Excellence