

Bucket Talk—Fear

Fear in Baseball

Michael stepped into the batters box with the bases loaded. There were two outs and his team was down by one run. Michael looked nervous...because he WAS nervous. The first pitch came and he watched it go by him for strike one. He did the same for the second pitch and then finally watched strike three go by him without ever swinging the bat. When he returned to the dugout, his coach asked him “why didn’t you swing the bat?” and Michael answered “I was afraid that I might strike out.” Fear had paralyzed him, as it often does with hitters. It may be the fear of a coach, the fear of personal failure or the fear of losing the game. Fear is not only a part of Baseball, it is a part of ALL sports and it is a part of every day life.

“Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you “ *Isaiah 41:10*

Does Fear affect Professional Athletes?

One of my own personal favorite baseball players is John Smoltz. I once heard John tell a story about how he struggled as a pitcher during the first 4-5 years of his career. When he got on the mound in front of fifty thousand people to pitch, fear set in for him and he was NOT a great pitcher. He was just an average every day pitcher. He said that fear came over him as he tried to please all of his coaches, teammates and the thousand of fans watching. Fear held him back from being the best pitcher that he could be.

Then, early in the 1995 John put all of his trust in God and accepted Jesus Christ as his personal Lord & Savior. From that moment on, John says that regardless of how many people are watching him pitch, he plays for an “audience of one”. He is no longer afraid because just as it says in Psalm 56:11, “What can man do to me?”. He knows that his only TRUE judge is his Heavenly Father.

With the help of John Smoltz, the Atlanta Braves won the World Series in 1995 and John is now a sure “Hall of Famer”.

How about You?

What are some of your greatest fears?

What do YOU think that it means to “play for an audience of one?”

Are YOU ready to start putting your fears behind you and play for an audience of one?”

Week 4

Bible Verses

Joshua 1:9 “Have I not commanded you: do not fear or be dismayed, for the Lord your God is with you wherever you go”.

Psalm 56:11 “In God I trust; I will not fear. What can man do to me?”



