

## ***Final Lap:*** ***A Right Setup Honors God***

### ***Read:***

*“Whatever you do, work at it with all your heart, as working for the Lord.”  
- Colossians 3:23*

When your heart setup is right, everything you do changes—how you race, how you treat others, how you respond when things don’t go your way.

God isn’t impressed by trophies or appearances. He’s honored by a heart that wants to please Him.

Running with the right heart setup helps you honor God in every lap of life.

### ***Think:***

How does a good heart setup change the way you race or compete?

What does it look like to race “for the Lord”?

How can your heart show others what Jesus is like?

### ***Pray:***

God, I want my heart to honor You. Help me race, serve, and live with a heart that pleases You.

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## ***Fast Thoughts With Jesus*** ***The Setup Challenge***



## ***Lap 1:*** ***Looks Don't Win Races***

### ***Read:***

*The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” - 1 Sam 16:7*

In racing, a car can look amazing—bright paint, cool graphics, shiny parts—but if the setup is wrong, it won’t be fast.

God told Samuel the same thing about people. Humans often care about what they can see on the outside. God looks deeper. He looks at the heart.

Your heart is your setup. If it’s off, your life won’t run the way God designed it to.

### ***Think:***

Why do people care so much about how things look on the outside?

What does it mean that God looks at the heart?

If God checked your “setup” today, what would He see?

### ***Pray:***

God, thank You that You see the real me. Help me care about my heart more than how I look.

## **Lap 2:** **Checking Your Heart Setup**

### **Read:**

*Above all else, guard your heart, for everything you do flows from it. - Proverbs 4:23*

Before a race, teams check their setup carefully. They don't guess—they inspect.

God calls us to do the same with our hearts. What's going on inside you affects how you speak, act, and treat others.

Checking your heart daily helps you run your race well.

### **Think:**

What feelings have been controlling your heart lately?

How do your thoughts affect your actions at the track or at home?

Why do you think God says to guard your heart “above all else”?

### **Pray:**

God, help me pay attention to what's going on inside my heart. Keep it focused on You.

## **Lap 3:** **Making Heart Adjustments**

### **Read:**

*“Create in me a clean heart, O God.” - Psalm 51:10*

When a car's setup is off, the team doesn't quit—they adjust it.

God invites us to do the same. We can ask Him to help adjust our hearts when something is off.

Maybe you need more kindness, patience, honesty, or humility. God is the best Crew Chief when it comes to heart adjustments.

### **Think:**

Which heart adjustment do you need most right now?

How would that change the way you act toward others?

Why is it important to ask God for help instead of trying to fix it alone?

### **Pray:**

God, please adjust my heart today. Help me grow in (kindness / patience / honesty / humility).

