

# Baseball Team Devotion-The Change-Up

## Scripture Lesson: James 1:19-20

The Change-Up is a pitch that does just that, it changes speed. Pitchers use the change up to keep the batters off balance. The pitch is usually thrown after a fastball. It is much slower than a fastball and often times batters are out in front of the pitch or they swing way too early. Trevor Hoffman, who is the career saves leader for Major League Baseball, credits his great change-up for his success. Greg Maddux, many years an All-Star pitcher had a great change-up he used for many successful seasons. The success of the change-up can be linked to the fastball and its speed. This SLOWER pitch has helped many a pitcher get to the next level in their baseball careers.

In today's Scripture lesson, James is trying to throw us a change-up, not to get us off balance, but to bring some balance to our lives. James implores us to be quick to listen, slow to speak, and slow to become angry. How many times do we do the opposite? Most of the time, aren't we slow to listen and quick to speak and become angry? James is throwing us a change-up to get us to change-up our lives. When is the last time we were quick to listen, wanting knowledge instead of thinking we already know everything? When is the last time we were slow to speak? You know we can't listen and talk at the same time! When is the last time we took a timeout from anger and was slow to get mad? My friends, life will be much better when we take the change-up James throws us today and make it a part of our daily lives. Let's give it a try, quick to listen, slow to speak, and slow to become angry. A life change-up that is sure to make a difference in living for Him.

Visual aid: Let different pitchers show their grip for a change-up or google change-up grip.