



LINKS PLAYERS DAILY DEVOTIONAL

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## How Steph Curry Finds the Zone

*This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118: 24, ESV)*

At the end of the 2024 Curry Cup, junior golfers gathered 'round a long sign next to the 18th green at New Jersey's Ridgewood Country Club and settled in for a lengthy group photo session. In the middle of the organized chaos was the event's namesake and founder, Steph Curry, who took it all in stride.

Throughout the day, no matter the circumstance, Curry, in a very low-key way, lifted the mood of those around him and set the tone. Whether with a dance, a funny comment, or an extra beat of patience, the four-time NBA champion and plus-handicap stood firmly in the moment, often with the Olympic gold medal in hand.

It was striking for several reasons. First, he's a global superstar who doesn't move an inch without a parade of people following him. It was the offseason, but Curry's schedule didn't reflect it. This is a man who doesn't waste time, yet he's moving at a pace that suggests his mind is entirely present.

Earlier in the day, I'd asked Curry what he does in his preparation to get in the zone more often. I was talking about competition, of course, but his answer revealed a lot about how he carries himself in all situations.

Curry talked about visualization and breathing techniques and the need to have quiet time, but the key to getting in the zone, he said, was ultimately having fun. It's important that he has a smile on his face, he continued, and that he operates from a place of joy.

Curry constantly reminds himself, whether he's been playing well or not, that "This is a blessing. This is fun."

The topic of joy came up again that evening when a junior golfer asked what he does to push forward during a bad game, and Curry said: "Joy is where all of my gifts come from."

"That's why you see me smile and do all those stupid dances," he explained, "because I'm trying to force the joy to show itself. If I tap into that energy, then I get lost in the game again, and it becomes more pure that way."

Curry, 36, gave his life to Christ at age 13 while in a youth group in Charlotte, North Carolina. His joy comes from the Lord, and it's contagious. In Philippians 4:4-5, Paul writes about joy from prison of all places:

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. (NIV)

**PRAYER: Father God, thank you for the gift of joy. May our gentleness and joyfulness be evident to all in all circumstances.**

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Beth Ann Nichols

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