

The Power of the Resurrection

Ready:

“Jesus said to her, “I am the resurrection and the life. He who believes in me will live, even though he dies.” - John 11:25 (NIV)

Set When it comes to endurance, the power of the resurrection is necessary. As a triathlete who constantly goes through training cycles that push my limits, I often get skeptical about how far I can go or how much I can push myself. After a long race, I feel completely spent, like I’m older than the hills and will never fully recover. But given time and the fact that the body is a work of God—a miracle by all accounts—and in spite of personal human doubt, I spring back, stronger and better than before. This physical resurgence reminds me of how Jesus’ body returned to life after He died on the cross. Recently, it dawned on me that the power of the resurrection is open to us every day, and it manifests itself in ways we don’t always appreciate or take advantage of. But it isn’t always a physical parallel. It also applies to our relationships, our careers, our classes, our parenting abilities, and even areas of struggle with sinful behavior. In my own life, I have an athletic trainer, whom I see as a sort of a shepherd, though I’m not sure he would appreciate the analogy. He is fully aware of my physical and mental limitations and knows how to direct me to my best possible performance in spite of them. Even if I doubt my trainer, I obey him. And, as I have grown stronger through perseverance over the years and through cycles of training and recovery, I can reflect on those training experiences and appreciate the added strength and endurance I gained through the process. The same can be true in our lives with Christ if we allow Him to be our “trainer” and we adhere to His instruction, letting Him make us stronger through every challenge. Today, I hope we all will be encouraged to draw upon the power of the resurrection. No matter what we are facing, the perseverance of Christ and His strength is available to us all and can carry us through any circumstance into the blessings on the other side.

Go 1. Is your faith strengthened more by belief or obedience? Give an example. 2. When you think you are being asked to give too much, are you able to discern whether or not it is a calling of God to keep going? 3. How can drawing on the power of the resurrection apply to you athletically? Personally?

Workout John 20:31 Romans 8:11 Philippians 3:10

Bible Reference:

Philippians 3



Fellowship of Christian Athletes © 2019
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <http://fcaresources.com/devotional/power-resurrection>