

## **Trainer's Room**

### **Ready:**

“Come to me, all of you who are weary and burdened, and I will give you rest.” – Matthew 11:28

### **Set**

Where can most athletes be found when recovering? The trainer's room. Whether wrapping an injured ankle or needing an ice pack, athletes flock to the trainer's room for help. Why? Because they know and trust that the trainer will provide and tend to their needs. But once we are off the court and off the field, where do we go for help?

Jesus said, “Come to me, all of you who are weary and burdened, and I will give you rest.” ([Matthew 11:28](#)) Jesus isn't talking about a nap, although He does want us to have a good sleep schedule to maintain good health. He is talking about rest from everything in our lives. He provides rest when we are stressed or upset from losing a game, failing a test, or going through a breakup. When we go to Him, He provides everything we need. He provides peace, comfort, love and strength.

So, how do we run to Jesus? How do we come to Him to find rest and healing? By going to God's Word and seeking God through prayer. God's Word provides the way to healing. It teaches us and walks us through methods of recovery, healing and rehab for what is broken in our hearts and lives. It shows us how to strengthen our hearts and minds to avoid future injury and pain.

A good sports trainer knows how to help us when we are hurting and injured because they study the human body. But God knows how to help us in every moment of our lives because He is the one who created us.

- Are you burdened by your mistakes and failures? Go to God.
- Are you tired from the weight of anxiety? Go to God.
- Are you weary of the fear of the future? Go to God.
- Are you hurting from the pain of losing a loved one? Go to God.

### **Go**

- How many times have you gone to a sports trainer?
- What stops us from going to God first when something happens in our lives?
- Why should we go to God instead of something else?
- How can you encourage your teammates today with this truth?

### **Workout**

Psalm 46:1

Isaiah 41:1-2

1 Corinthians 1:3

### **Overtime**

“God, let me run to You in moments of weakness, weariness and wondering. Let me find rest in You and You alone. Remind me that You are always with me, desiring my good. Amen.”



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