

## Training Buddy

### Ready:

*?Since we live by the Spirit, we must also follow the Spirit.? ? Galatians 5:25*

### Set

To propel us to further excel in our sport, we often partner with a training buddy: someone who will do the lifts, endurance runs, and speed agility training alongside us. They keep us accountable to the workout guide and make sure we don't give up early. We aren't grateful for them because they stand off to the side and cheer us on, pointing us in the next direction. We forge a bond because they step in and suffer through the same grueling workouts. They make the intensity of pushing our bodies to the limit almost endurable, because they're matching us stride for stride. Our training buddy pushes us to reach physical and mental limits we never thought we'd be able to maintain.

The best spiritual training buddy we can have is the Holy Spirit. He keeps us in check and pushes us to pursue our God-given gifts. He warns us when we're close to trekking dangerous ground and heading toward spiritual hurdles, of burning out when we attempt to run through life on our own. He comes close and matches our strength and speed, compelling us to step up the intensity of our training until we reach our best shape to live for God.

### Go

1. In what ways can you look to the Holy Spirit to build your spiritual training?
2. What hurdles keep you from excelling to the level of faith you want to reach?
3. When you feel like you can't go on, how can you ask the Holy Spirit to help?

### Workout

Romans 15:13

1 Corinthians 6:19-20

Jude 1:20-21

### Overtime

*God, I am grateful for Your gift of the Holy Spirit. I pray that I will not quench this Spirit, but look to Him to train me in Your Word and build me up so my faith may be tested and found true. Thank You that You care for me to send me Your Helper. Amen.*

**Bible Reference:**

Romans 15:13

1 Corinthians 6:19-20

Jude 1:20-21



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