

## The 100-Yard Touchdown

### **Ready:**

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." - Galatians 6:9

### **Set**

Back during my days as a high school football player, at the end of practice, my coach would always make us sprint five 100-yard dashes. Whether it was 100-degrees outside, raining, cold, snowing...okay maybe not snowing, we surely couldn't count on the weather to always change our coach's mind about those 100-yard dashes after practice, and we had a coach that didn't say much or give a reason for why we are doing what we're doing. It could be after a win or loss, it did not matter. I can remember my teammates complaining that they were tired, and really wasn't happy about sprinting a total of 500-yards after a tough day in practice.

One day after we had finished running, our coach brought us together and told us that he wasn't punishing us or trying to kill us. He stated that he only wants us to be ready. That it may come a time when we have that opportunity to run back a 100-yard kick return or an interception or a rushing play or punt return, and if we don't have the endurance to do so, our adversaries will catch us! He ended by saying that we must be willing to practice tired, so we won't be tired.

At the time, we didn't understand because we spent half of the time trying to catch our breath! But on the ride back home, I was given the time to gain the understanding that being an athlete means that I have to be ready for any and all things. Being an athlete means that I have to have the endurance to survive in this world or competition. Being a Christian means that we are going to have to be willing to run 100-yards for God. When we decide to run this race for God it will get tiring. However, if you get tired, you will allow the opponent to catch you! So just like our coach was preparing us by running us every day, you must take the time to read your word, so you will be prepared for whatever satan throws at you.

Now, it is up to us to decide on whether or not to give up or keep going. Any coach will tell you that you have to push yourself to accomplish your goal. You have to push yourself to stay in the Word, you have to push yourself to resist temptation, you have to push yourself forgive. Whatever it is, you have to push! So the next time you're running for Him and you seem to be getting tired, will you push yourself to keep going and score the touchdown? Or will you give up and allow satan to tackle you?

### **Go**

1. What do you do when you have no answers?

2. How many times have you ran the race of life without God?
3. Do you have your armor on? Or are you fighting at risk?

### **Workout**

Ephesians 6:10-18; James 1:2-3; Colossians 1:11

### **Bible Reference:**

Ephesians 6:10-18

James 1:2-3

Colossians 1:11

Galatians 6:9



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/100-yard-touchdown>