

The Best You Can Be

Ready:

May you be strengthened with all power, according to His glorious might, for all endurance and patience, with joy giving thanks to the Father, who has enabled you to share in the saints' inheritance in the light. - Colossians 1:11-12

Set How do athletes prepare themselves? They train, eat right, rest and then do it all over again. They must constantly watch what they do with their bodies, what they take in to them, how they work them and how often they rest them. That preparation makes a huge difference in how they compete. Staying hydrated is a perfect example. Athletes know that without proper amounts of water or sports drinks, they will not be able to compete at their highest level. It's the same with training. If an athlete's body is not fit for competition, chances are, he or she isn't going to compete as well as if they had trained harder. As Christians, we need to do the same. We need to constantly be on our feet, train to work against the opponent, stay hydrated with the Word, and watch what we take in (i.e. inappropriate movies or music). If we do not prepare ourselves, we will be vulnerable when the opponent attacks. We can't just say we're going to go out and be strong enough to face Satan. It doesn't work that way. If we go out without training and nourishment, we're going to be very tired and spent. However, if we have prepared and are willing to rely on our awesome God to give us the strength to compete against Satan, we will come out on top. I want to challenge you today, as your sister in Christ, to be ready when the opponent decides to strike. Train hard!

Go 1. How hard do you prepare yourself as an athlete and as a Christian? Could you train harder? 2. What are some ways you could improve your training program? 3. Do you encourage other athletes and Christians to train harder?

Workout 1 Chronicles 29:12 Hebrews 4:12 James 1:21-23

Bible Reference:

James 1



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