

## **Fortified As One**

### **Ready:**

"Carry one another's burdens; in this way you will fulfill the law of Christ."-- Galatians 6:2

### **Set**

There's nothing like a good challenge to bring out the best in a competitor. There's also nothing like the forge of friendship that brings individuals into a unified commonality in Christ. And there is a beauty of teamwork, unity and Christ that could only come through the strain of stress, sweat and sacrifice.?

Team challenges tear down barriers of self and builds unity when individuals experience challenges beyond their own bearing to fortify as one. God's intention for solidarity draws upon athletes seeking the good of the team, overcoming grueling workouts together and the gift of vulnerability to build deep relationships for lasting impact. Victories are far more meaningful because of the shared experience of both the highs and lows.

Beyond the perspiration and exhilaration of accomplishment, there's a sense of belonging, of being grafted to something greater than oneself. It's about letting others inside those hidden places and joining hearts in unison with God's encompassing love, allowing it to fuel forward faith momentum.

It is surprising that joy that can't be suppressed as a group of differing individuals will make way for a new movement as they operate as a single unit in athletics and life.

### **Go**

1. Remember one of your favorite teams you've been on—what made it special?
2. How can you be more honest/vulnerable with those around you?
3. How might you hope to be challenged in your spiritual growth?

### **Workout**

Ruth 4:22

Job 6:14

## Overtime

It's amazing how You can take a group of individuals and fuse them as one, while opening our eyes to the greater good than simply "me." Help me keep this mentality as I compete and live for others. Amen.



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