

## **Fuel Up**

### **Ready:**

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

-Matthew 4:4 (NIV)

### **Set**

During the 2008 Olympics, NBC aired a special segment on the diet of record-breaking swimmer Michael Phelps. It was incredible! They said that he tries to eat 8,000 to 10,000 calories a day. That is as much as I eat in five days. But when Phelps is in heavy training and competition, his body needs all the fuel it can get.

Allow me to make a quick analogy. As Christians, we're in a daily spiritual battle, facing tough temptations, situations, interactions, and decisions. It's our own version of competition, yet there's a lot more at stake than a sporting event. The eternity of souls is up for grabs, and God has called us to compete for them.

Just like Olympic athletes, we have to be properly prepared for competition. Would Michael Phelps choose to skip three meals before a race? No way! His body wouldn't have enough energy to sustain him, and his competition would smoke him. So, why do we, as Christians, feel like we can face a single day without taking time to fuel ourselves spiritually? Is our competition not as fierce? Is the prize not as worthy? There's really no excuse. We either take the time to pray, read the Word, and fellowship with the Lord, or we do not. It's simple.

Today, search your heart and test yourself. Find out whether or not you value the spiritual battle enough to invest time in the proper preparation. If you fully believe in the cause you're fighting for, then you will take the time to fuel yourself before entering the battle.

### **Go**

1. Do you spend time with the Lord every day? If not, how can you?
2. Is your daily routine drawing you closer to God, or do you just go through the motions?

### **Workout**

Psalm 5:3; Matthew 6:33; Ephesians 6:10-20

### **Overtime**

Father, I am Your servant. Please help me to prepare spiritually for battles that may lay ahead. Amen.

**Bible Reference:**  
Ephesians 6



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/fuel>