

## **God and the Apple**

n/a

### **Ready:**

*After Jesus was baptized, He went up immediately from the water. The heavens suddenly opened for Him, and He saw the Spirit of God descending like a dove and coming down on Him. And there came a voice from heaven: "This is My beloved Son. I take delight in Him!"*  
Matthew 3:16-17

### **Set**

While I was eating lunch one day in the teacher's lounge, I overheard an office aide talking with her friend. The office aide could not understand how God could be God and Jesus at the same time—how He could be in heaven and on Earth at the same time! Her friend didn't know how to respond.

I asked God to give me the words to help them understand this difficult concept, and the Lord, being gracious, brought an idea to my mind. So, feeling confident, I got up from my table and went to tell them about God and an apple.

I started by explaining how an apple has a core (from which the apple comes to be), an inside white part, and an outer peel that makes up the skin of the apple. I then explained that God the Father is like the core of the apple; all things are created from Him. God the Holy Spirit is like the white part of the apple; He comes to live inside us at the point of salvation and gives us guidance. God the Son, Jesus, is like the outside of the apple; He took on a human "peeling" to show us that He experienced the same sufferings and temptations that we do. Yet He remained blameless. So Jesus, in human peeling, took our blame and sin so that we could be blameless in the Father's sight.

As coaches, we often have teachable moments like these that allow us to help our players and colleagues understand Christian truths. Thankfully, the idea about the three parts of an apple was just what I needed that day to explain how God the Father, God the Holy Spirit, and God the Son are one!

### **Go**

1. Is God the Father the core of your life?
2. How can you allow God the Holy Spirit to move inside of you?
3. In what ways can God the Son's example direct you today?

### **Workout**

Matthew 7:17-20

Acts 1:4-8  
1 Corinthians 1:9

### **Overtime**

*Lord, help me take in all that You are in order for me to be all that You want me to be! Amen.*

### **Bible Reference:**

1 Corinthians 1



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/god-and-apple>