

## **Pick-Me-Up**

### **Ready:**

"So encourage each other and build each other up, just as you are already doing." -1 Thessalonians 5:11

### **Set**

Everyone has a bad day once in awhile. Even the greatest athletes struggle from day to day. A common phrase in baseball is "pick-me-up." This is said when a particular player needs a boost in spirit. And, truth be told, we all need a "pick-me-up" occasionally.

I have this friend whom I've never met in person, but who somehow always contacts me via e-mail, phone or other source to give me a pick-me-up on just the right days. His name is Randy, and he is one of the most encouraging men I know. His messages of encouragement are always timely and effective. The greatest part is that I'm not surprised by it anymore. I know that is how our God works.

Do you ever have those days when you need a pick-me-up? Of course you do! And you know other people do, too. And today, maybe God needs you to be the one who lifts someone else's spirits. We all need encouragement and need to encourage others daily. That particular day, I needed a pick-me-up, and Randy was there once again.

Even if you don't have a "Randy" in your life, you do have one source of encouragement that will never go away. His name is Jesus Christ. He is always there to encourage you and build you up. He is the living pick-me-up we need each day. Whether through prayer or Scripture reading, He is right there to pick you up when you are down. And once you have been "picked up," make it a practice to be a pick-me-up person in someone else's life!

### **Go**

1. Do you have a pick-me-up person in your life?
2. Do you look to Christ for a daily pick-me-up?
3. Today, how can you be a pick-me-up person for Christ?

### **Workout**

Extra Reading: Proverbs 18:24; Ephesians 4:29; Hebrews 3:13

### **Overtime**

Lord, help me to look to You first when I need a pick-me-up. Show me people whom I can pick up today. Amen.



Fellowship of Christian Athletes © 2024  
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/pick-me>