

## **Pray the Truth**

### **Ready:**

“Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.” -- Philippians 4:6

### **Set**

As athletes, we’re used to powering through on our own strength. For a team workout, we put in as much energy as possible to gain muscle and agility. We’re competitive and we like the challenge to take on a lot and land on top.

But in God’s Kingdom, we find our strength in surrender and accepting we can’t do everything on our own. That’s why we look to God as our strength as we turn to Him with our hurts, our hopes and take time for fellowship with Him.

Since God is the source of our well-being, it’s important to stay as in tune with Him through prayer. It keeps us connected to the living God and guides us as we navigate our days:

### **Prayer Connects**

In every good relationship, communication is key. If we want to get to know someone better, we spend time with them. This is the same with our connection with God; to know Him deeper, we dive into His Word and get honest with Him in prayer. We take time to talk with God, quiet our hearts and listen for His voice.

### **Prayer Comforts**

Life is hard. Heartbreak, hurt, and disappointment abound. But the good news is that we have a God who sympathizes with us and knows the depths of our sorrows. When we come before God with an open heart and allow Him into those hurting places, we experience God in an intimate way that comforts and heals.

### **Prayer Conforms**

The more time we spend with God in prayer, the more we are shaped in the likeness of Christ. God wants to share more of Himself with us, and prayer is a main vessel through the Holy Spirit who connects us. One of God’s purposes is to make us like His Son, so as we come before God in prayer, we learn what it means to live by the Spirit and allow Christ’s transformation to take place in us.

Prayer joins us together with God through the power of His Holy Spirit. It's a time to speak, listen and give God the set-apart time He deserves.

## **Go**

- How has your prayer life been? What can you do to increase time with God?
- Which would you like to have more of in your prayer life: connection, comfort or conformity?
- Find someone who needs encouragement today and offer to pray with them.

## **Workout**

John 15:4; 2 Corinthians 1:3-4; Colossians 3:10

## **Overtime**

"Father, thank You that You want to have close relationship with me. Thank You that You make Yourself available through the death and resurrection of Jesus. I want to grow closer to You; help me to listen for Your voice and look for opportunities You give to transform me to be more like Jesus. Amen."

## **Bible Reference:**

Philippians 4:6

John 15:4

2 Corinthians 1:3-4

Colossians 3:10



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