

## Train with Power

### **Ready:**

“I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.” – John 15:5

### **Set**

Successful athletes train with GPS devices that provide critical feedback for their workouts and races. They measure heart rate, pace, time and distance to name a few. These devices must be fully charged to operate effectively. If they are not connected to a power source through a power cord, they will not be fully charged and able to do what they were designed to do. Both are required to receive a full charge. Without the power cord, it is impossible to connect to the source of power and the device is useless.

This is a wonderful analogy of how we are to live the Christian life. In John 15, Jesus tells us 11 times that we are to remain in, or stay connected to, Him. He is the Vine (the power cord), the Father in the Garden (the power source) and we are a branch (the device).

Apart from Jesus, we can do nothing of spiritual significance. When we stay connected, we can do what He designed us to do. Jesus then goes on to say that we are to remain in His love, the first and second greatest commandment, to love God and love others.

When we stay connected to Christ and tap into His GPS – “God Positioning System” – we will have a clear signal and bear much fruit for His kingdom. When we are continually in His presence, we receive His power, purpose, protection and provision. Let’s remember this power principle and share it with others.

### **Go**

- In what ways do you daily “charge up,” staying connected to God?
- Think about times that you have been fully charged with God’s power versus times that you have not. What was the outcome?
- How can you encourage others to stay connected to Christ?

### **Workout**

John 15

1 Thessalonians 5:16-18

Psalm 23

James 4:8

## **Overtime**

“Father, thank You for providing us with Your power as we spend time in Your presence. Help us to stay connected to You. Forgive us if we try on our own strength. By Your Holy Spirit, help us to draw near to You and seek You first in all we do. Amen.”



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/train-power>