

## **Train Together**

### **Ready:**

“For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up.” Ecclesiastes 4:10

### **Set**

Training for a triathlon, marathon or cycling event has the potential to isolate an athlete because on race day you're on your own. However, even in a triathlon, where results depend on a single person's performance, you can benefit by training with others.

Have you ever watched a professional cycling race like the Tour de France? The peloton of cyclists travel at high speeds in a tight pack with their wheels almost touching. Did you ever wonder why they do that? It's because riding that way is more efficient. Collectively, the group can ride faster and use about 40 percent less energy.

It's commonly known that triathlon training includes swimming with the best swimmers, biking with the best cyclists, and running with the best runners. This same principle can be found in the Bible. Proverbs 27:17 says, “Iron sharpens iron, and one person sharpens another.” Training in godliness with friends and other athletes can make your faith grow stronger and faster. Plus, it's encouraging and you're fulfilling God's purpose for your life.

Spiritual training is more effective when you journey with like-minded believers in Christ. You experience several benefits in meeting with other disciples in a small group setting including, learning from those who might have a deeper knowledge of the Bible, holding each other spiritually accountable, asking tough questions and applying God's Word to your life.

Another biblical example is Paul, Barnabas and Timothy. They represent three essential types of relationships that every disciple should have. A Paul to guide them (a mentor), a Barnabas to work alongside them (an associate), and a Timothy to help (an apprentice).

If you have experienced the benefit of a training buddy, consider getting a spiritual training buddy who will help you go farther and faster spiritually.

### **Go**

- Can you identify a few others who will walk with you in your spiritual journey?
- Would you commit to asking them to be your training partner?
- Who is the “Paul, Barnabas and Timothy” in your life?

### **Workout**

1 Thessalonians 5:11

Proverbs 9:9

Ephesians 4:12

### **Overtime**

“Heavenly Father, thank You for giving me the desire to train and race for You and Your glory. Lead me to others who are like-minded, and help me to encourage them in their faith. Thank You for Your Holy Spirit who lives in me and is my internal coach. Amen.”



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