

## Training Time

### **Ready:**

<sup>11</sup> Put on the full armor of God so that you can stand against the tactics of the Devil. <sup>12</sup> For our battle is not against flesh and blood, but against the rulers, against the authorities, against the world powers of this darkness, against the spiritual forces of evil in the heavens. <sup>13</sup> This is why you must take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand.

Ephesians 6:11-13

### **Set**

“Some of my vivid images of Jerry Rice are him working out at the Pro Bowl. Here you are, after he wins the Super Bowl, he’s played in front of 500 million people. Less than a week later, he’s out there running wind sprints to play in what is our only exhibition game,’ says NFL Commissioner Paul Tagliabue on ESPN Classic’s SportsCentury series.

Jerry Rice is arguably the best wide receiver in the history of football. Rice had a reputation for training hard. He understood the benefits of taking care of his physical body so that on the field he could perform at a level that surpassed everyone else. He understood the power of training.

In our Christian life, we can gain power from training. God has given us the power tools of prayer, daily reading of the Scriptures, and joining together in fellowship with other believers. If we do not exercise these tools daily, then we will not grow in our relationship with Christ. Jerry Rice knew that if he did not stick to a strict training regimen, then he would not be the best wide receiver that he could be.

Recognize that there is power in training. In order to draw closer to Christ, you must be disciplined and faithful.

### **Go**

1. When you do not properly train for your sport, how is your game affected?
2. Why is it important to read the Scriptures daily? To pray without ceasing? Fellowship with other believers?
3. How can you increase your desire to have a deeper relationship with Christ?
4. In what ways do you need to train harder spiritually?

### **Workout**

1 Timothy 4:7-10

Ephesians 6:14-18

Acts 2:42

**Bible Reference:**

1 Timothy 4



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