

## **TryAthlete**

### **Ready:**

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

-1 Timothy 4:8

### **Set**

My brother Judd stopped by to visit the other night. It's always great to see him. He is in the process of transforming his life and is now a triathlete. So far, he's competed in two triathlons, and I'm so proud of him. While this kind of competition is not uncommon for many former athletes, Judd's situation is a little different.

In high school, Judd's knees were so bad that he could hardly play football. In college he managed to play intramurals, but by the age of 34, he was in such a condition that he had to have double hip replacement surgery. For years he thought his athletic career was over. But when his sons started swimming, Judd took up swimming, as well. Then he started biking again, and he finally took on the challenge of the triathlon. I was shocked when he told me he did one, and now he's done two! I am so proud of my brother for one reason: He simply tried!

Many former athletes, like myself, just need to get off the couch and try again. We will never compete like we did in our former glory days, but who cares? The object is to try again. My brother's efforts give me great motivation to get after it again with no excuses.

The key, again, is trying. Just making an effort and attempting to do something different. And this can relate to both our physical competitions and our spiritual lives. For instance, have you ever been guilty of saying, “I will TRY to read my Bible more,” or, “I will TRY to pray more”? These are common phrases we allow ourselves to say more often than we would like to admit. But, instead of being guilt-ridden for failing, we should focus on trying again.

When was the last time you seriously picked up your Bible to really read or knelt down in serious prayer? Can't remember? Well, today is a good day to TRY once again. My brother created a habit of exercising again. He's lost a lot of weight and looks and feels great. Isn't it time we all got back in spiritual shape as well? Give it a shot! TRY to read your Bible every day this week, and then the next. See where God leads. Before you know it, He will mold you into that triathlete (reading His Word, praying and fellowshiping with others) that He longs for you to be!

So, what do you say? Are you ready to TRY?

### **Go**

1. What do you need to start trying to do again?
2. In what area of your spiritual life do you need to try harder?
3. Today, how can you start putting more effort in growing in Christ through His Word, prayer and fellowship with others?

### **Workout**

1 Corinthians 9:24-27  
Hebrews 5:13-14



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