

## **The Ultimate Pregame Meal**

### **Ready:**

“My food is to do the will of Him who sent Me and to finish His work,” Jesus told them. “Don’t you say,

‘There are still four more months, then comes the harvest’? Listen to what I’m telling you: Open your eyes and look at the fields, for they are ready for harvest.” -- John 4:34-35

### **Set**

As athletes, what we put into our bodies is very important. The pregame meal, in particular, may be our most important meal. This is our last chance to make sure we get enough energy to last through the entire competition.

In [John 4:34](#), Jesus tells us of work that will actually *give* us energy instead of using it. Doing God’s work will give us the fuel we need to succeed in the game of life. So, what is the work that we should be doing? In [Matthew 28:19-20](#), Jesus instructs: “Go...and make disciples of all nations...teaching them to observe everything I have commanded you.”

The mission of FCA is to “Present to coaches and athletes and all whom they influence the challenge and adventure of receiving Jesus Christ as Savior and Lord and serving Him in their relationships and in the fellowship of the church.”

Pay attention to how doing this feeds your soul in your walk and as you compete. As part of Team Jesus Christ, I challenge you to devote yourself to this kind of work.

### **Go**

- What can you do today to feed your soul so that you will have the fuel you need to succeed in the game of life?
- What does that look like within your team and in competition?

### **Workout**

[Matthew 6:11](#)

[Acts 17:11](#)

### **Overtime**

“Lord, show me where You want me to work, and I will serve You. Take this life and use it to build Your kingdom. 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/ultimate-pregame-meal-0>