

What Refuels You?

Ready:

“On the last and most important day of the festival, Jesus stood up and cried out, ‘If anyone is thirsty, let him come to me and drink. The one who believes in me, as the Scripture has said, will have streams of living water flow from deep within him.’” – John 7:37-38

Set

Seasons get long. Our bodies get tired. Our minds get worn down. It’s inevitable. Eventually, we will hit a lull in our workouts, a plateau we can’t seem to get past. Add on top of that, our home lives, homework and the expectations of others can all seem to mount at the same time. It can feel like too much.

We need true replenishment. Not just a quick fix like a Netflix binge, but something deeper and lasting.

For true replenishment, you need to let Jesus:

Nourish You

If you haven’t put your faith in Jesus Christ as your Savior and Lord, or if you’ve filled up your heart with the things of this world and Jesus is asking for His space back, take a moment to confess where you have fallen short and placed other things as more important. Recognize that Jesus has taken on the sin and shame that was yours and given you eternal life with God the Father through His death and resurrection. Surrender to His love and invite Him to be Lord of your life.

Sustain You

Jesus wants to be in your everyday life. He wants you to know Him just as much as He knows you. Carve out times of quiet with Him, where you can prepare your heart in praise and be open to hear what God may want to share with you. Read the Bible; this is where He reveals Himself the most and where your mind and heart transform through the power of His active Word.

Challenge You

Following Him isn't easy. It's a constant battle of flesh and spirit, will and mind. Sometimes, He will call us to difficult obedience, like giving up a bad habit that isn't best for us. Other times, He'll give us something to think about, a way of living we've never considered. God's goal is sanctification — becoming holy and purified, like Jesus. By His Spirit, we can open our hearts to be changed for our good and God's glory.

When we feel depleted from a never-ending season, we can go to Him to be refilled. When we're discouraged, He will feed us truth. Jesus is the source of living water that empowers us to keep going as we live and work out of His overflow. Let God refuel you today.

Go

- What refuels you? Is it a lasting refueling, or something that only goes so far and then leaves you empty again?
- How can you let Jesus nourish, sustain and challenge you today?
- Ask yourself if you are truly putting your hope in Christ alone. If not, what adjustments do you need to make to surrender to His Lordship in your life?

Workout

[Romans 10:13](#)

[Romans 12:2](#)

[1 Thessalonians 5:23](#)

Overtime

“Father, I can get so worn down trying to keep up with the demands of the world. Thank You that You offer another way. Thank You that Jesus offers me the Living Water that I need to live. May I look to His Spirit to fill me to the brim each day to live fully for You. In Jesus' name, Amen.”



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/devotional/what-refuels-you>