

## **Workout Partners**

### **Ready:**

"For I want very much to see you, that I may impart to you some spiritual gift to strengthen you, that is, to be mutually encouraged by each other's faith, both yours and mine." -Romans 1:11-12

### **Set**

A workout partner is someone who will be there for you. It is a person who has your same desire to succeed. A workout partner is someone who can't wait to train with you. It is someone who can't wait to be energized by your energy level.

Paul was writing to the church in Rome. He couldn't wait to see them and spend time with them. Paul was excited to help them train. He was excited to tell them about Jesus. Paul was excited to train with them and be mutually encouraged by them.

We all need a workout partner who will help us in spiritual training. We need someone who will make sure we are reading our Bible daily. We need a partner who will commit to growing their own relationship with Jesus right alongside of us. We need someone who will give us the support we need when we are going through the rough stretches. We all need someone who can encourage us and who we can encourage.

### **Go**

1. Who is your athletic workout partner? Who is your spiritual workout partner?
2. What similarities do you see in the ways you train?
3. How does their attitude affect yours? What does that say about how your attitude affects them?
4. How can you take your spiritual workouts up a notch?

### **Workout**

Extra Reading: Proverbs 27:17, Ecclesiastes 4:9-12, Hebrews 3:13, 10:25, 1 John 1:3-4

### **Overtime**

"Father, let me find encouragement today from my Christian brothers and sisters. Let me be an encouragement to them also. Use me to build Your church. Place in my life the people who will help me workout. Bring me together with people who will help my relationship with You grow. Lord, please provide me with people who can be an encouragement to me, and let me be an encouragement to them in return. I thank You for fellowship, Father. In Jesus' name, amen."

**Bible Reference:**

1 John 1



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