

## **Fight for Your Brothers and Sisters**

### **Ready:**

“Do not be afraid of the enemy, remember the Lord...take from Him courage to fight for your brothers.”

Nehemiah 4:14 (AMP)

### **Set**

About 10-12 years ago, my wife started running. In that time she has run about a half dozen half-marathons, one full marathon and uncountable 5 and 10Ks. She usually competed in these events with a friend or family member, and in years past, it wasn't me. I was a tennis-only athlete with a few medals on the mantle. Because I had never competed in endurance sports I couldn't understand why she would always want to run with someone. I had always competed to win. I couldn't understand wanting to run with another.

In December 2007 I decided that I too wanted to train for an endurance sport. I wanted to do the BIG ONE: the Ironman Triathlon. So, for Christmas my wife hired a personal trainer for me. I began on January 4th and have progressed to where I can now compete. My first triathlon will be on June 15th. After enduring several months of training and completing smaller events, I've begun to see why my wife likes to run with others. It provides great strength and support.

Teamwork is important in every aspect of life. We all need others for strength and encouragement, and we need to be doing the same for those who are training and competing with us. Ecclesiastes 4:10 says, “Woe to him who is alone when he falls and has not another to lift him up!” In a world where temptations challenge us daily, we need each other. We need to fight for our brothers and sisters. When the rally cry echoes, when someone sends us a text message and says, “I'm struggling,” when the cry for help is heard, we must hold up and strengthen our brothers and sisters.

### **Go**

1. Am I willing to sacrifice my own needs to help someone else?
2. Can I help another cross the finish line?
3. Ask God to help you see someone in need today and then be ready to help.

### **Workout**

John 15:12-13

1 Thessalonians 5:11-15

Hebrews 3:13

**Bible Reference:**

Hebrews 3



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