

## **Spiritual Muscles**

### **Ready:**

Therefore as you have received Christ Jesus the Lord, walk in Him, rooted and built up in Him and established in the faith, just as you were taught, and overflowing with thankfulness.

—Colossians 2:6-7

### **Set**

It seems like only yesterday that I was in my high school weight room pumping weights with the music cranked.

I have no doubt that the thousands of hours I spent in the weight room as a high school, college, and professional

athlete paid off. As a young man I wanted not only to get big, but also to excel in my sport.

Lifting weights built

me up and strengthened me to be the best athlete I could. The muscle that I added helped me perform better and

kept me from injury. Too bad my mom didn't like the fact that my clothes weren't fitting anymore.

Paul wrote that we need to be "rooted and built up" in Christ. The Lord desires for us to develop spiritual

muscles by hitting the spiritual weight room. Our faith grows and lives are impacted when we develop spiritual

muscles. In 1 Timothy 4:7, Paul wrote "train yourself in godliness." He challenges us to work out and produce

spiritual sweat.

What does it mean to be strong in the Lord? When I am in the weight room, I have a detailed, specific workout

routine. Maybe we need the same thing spiritually. God desires for us to invest time to develop spiritual muscles—

not for our gain, but for His glory!

### **Go**

1. What does it mean to work out spiritually?
2. When does God desire for you to work out with Him?
3. What is your spiritual routine?

### **Workout**

1 Corinthians 9:25-27; 1 Timothy 4:7-8

## Overtime

Lord, I often feel weak spiritually. I know that You desire for me to be strong. Please help me to develop the spiritual muscles I need to serve You well. Show me not only what I should be doing to be strengthened in the faith, but also let Your strong hands of love guide and show me. 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/spiritual-muscles>