

## **Strength Training**

n/a

### **Ready:**

"Therefore strengthen your tired hands and weakened knees, and make straight paths for your feet, so that what is lame may not be dislocated, but healed instead." –Hebrews 12:12-13

### **Set**

How does strength and flexibility training improve one's game? In what ways is a team better because of that training?

Hebrews 12:12-13 states, "strengthen your tired hands and weakened knees, and make straight paths for your feet, so that what is lame may not be dislocated, but healed instead."

Certainly each player is able to compete at a higher level when he or she is stronger and more able to withstand injury. Thus, we hear the admonition to strengthen our "tired hands" and "weakened knees."

Metaphorically, if we think of our teams as bodies, we must all work together in order to strengthen our teammates who are tired or diminished by injury. We all have a role in making straight paths for our feet. That means we must help them become stronger and healthier, rather than putting them in situations that will worsen their conditions.

Today, let's strengthen our teams. Let's work together as a well-coordinated body to compete in a strong, unified way.

### **Go**

1. Do you concern yourself with the physical wellbeing of your teammates?
2. What can you do to help strengthen them?

### **Workout**

John 13:34; 1 Corinthians 9:25; 1 Thessalonians 5:11; Hebrews 10:24-25

### **Overtime**

Father, give me a heart that desires what is best for my teammates. Help me to serve them and to demonstrate Your love to them in all that I do. Amen.

### **Bible Reference:**

Hebrews 12



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