

## You Before Me

### **Ready:**

Do nothing out of rivalry or conceit, but in humility consider others as more important than yourselves. Everyone should look out not only for his own interests, but also for the interests of others.—Philippians 2:3-4

### **Set**

Athletes today live in a “me first” society. Many like to be served, not serve. Some professional athletes lead the way on “me first!” Yet, we hear stories of some who put others in front of themselves. Jason is one of those athletes. He has learned the art of “you before me.”

Paul teaches us that we can be very selfish. In his letter to the church in Philippi, Paul explained that others are more important than ourselves. This is not to put us down, but to lift the needs of others higher. A dear evangelist friend of mine, Aidan McKenzie, once said, “If there are two people in the room and you are one of them, guess who is more important? It’s not you.” That is something good to live by.

One of life’s great lessons is that Christ came to serve others. He was constantly considering the needs of others before His own. Their interests were His interests. Jesus lived a life of “you before me.” Our goal is to follow in His footsteps.

As we live our lives, play on teams and pursue goals, do we put others first? This is hard to do, but worth the effort. When we become selfless for Him, we become much more aware of others’ needs and how we can assist them. Today, let’s find a way to put our teammates interests ahead of our own.

### **Go**

1. What are some areas in and out of your sport that you are selfish with your life?
2. When is the last time you put a teammates interests or success before your own?
3. This season, how can you live out “you before me” on your team?

### **Workout**

Romans 12:10; 1 Corinthians 10:24; 1 Peter 5:5-7

### **Overtime**

God, forgive me for being selfish. Help me to be selfless and see the needs of those around me so I can serve them. Teach me to live a life of “you before 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/you-me>