

## You Get What You Give

n/a

### **Ready:**

"I have fought the good fight. I have finished the race. I have kept the faith. "  
-2 Timothy 4:7 (NIV)

### **Set**

As a cross-country skier, I have to train all year. Since we have not had much snow in the last couple of years, we have had to do dry-land training so that when the snow comes we are ready. Skiing is both a team and an individual sport, and we train for endurance, technique and strength. And although we have a team behind us encouraging us along the way to keep us going and making us want to succeed, it is still up to us as individuals how much we put into the sport.

Our walk with Christ is very similar. We have to "train " ourselves to become closer to God. We have to work at it and want our relationship to grow stronger with Him; and in those times when we need God the most, all of that training will be worth it. And while our relationship with our Heavenly Father is something we have to work with on our own, we shouldn't forget that we do have a "team " with us. The brothers and sisters in Christ that God has placed in our path are there for a reason. They can guide us closer to Him and encourage us to grow.

Like skiing, running, or any sport you do, your walk with Christ is something that you (we all) need to consistently work on. Today, keep in mind that when it comes to your relationship with Christ, you will get how much you put into it.

### **Go**

1. What are your methods of spiritual training?
2. Do you have a team behind you in your walk with Christ?
3. Who are they?
4. How can you begin to pursue God even more?

### **Workout**

Matthew 6:33

1 Timothy 6:11-16

1 Peter 2:2-3



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