

## **Sneaky Enemy**

### **Ready:**

“Be sober! Be on the alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour.” -1 Peter 5:8

**Set** A while ago, I spent a long time recovering from a torn calf muscle. As a cross country and track coach, and as a runner myself, I had been very frustrated and annoyed by this injury. Not being able to run was a huge challenge. I couldn't show my athletes the steps I wanted them to take. I couldn't even jog a step without pain shooting through my leg. On top of that I found myself in a bad place mentally. It was a slow slippery slope. I found myself not really understanding why I was coaching. I wasn't being as patient as I had been, and the joy from something I used to love seemed to be gone. But behind every trial is a reason. As I felt farther and farther away from God, I realized that I was exactly where the enemy wanted me. It hadn't been a sudden change in my life or my habits, but more of a slow fade. That shouldn't have been a surprise, as 1 Peter tells us that the enemy will not come yelling and screaming at us. He will be sneaky. At all times, we must protect our hearts and stay strong in the Lord. It may seem harder to be joyful in the Lord when times get tough, but no matter what is happening around you—the season isn't going the way you expected, you're hurt, you're having problems relating with teammates or with the athletes you coach—you can be joyful in the Lord. If you have confessed that Jesus Christ is your Lord and Savior, you have a God who loves you and wants nothing more than to have a relationship with you. What could be more joyful than that?

**Go** 1. Where do you turn when things go wrong? 2. How much time do you spend “talking” to God? 3. How important is your relationship with God?

**Workout** Isaiah 40:29-31 Ephesians 6:10-19

### **Bible Reference:**

1 Peter 5



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](#)