

## **Keep on Course**

### **Ready:**

*“You were running well. Who prevented you from obeying the truth?” – Galatians 5:7*

### **Set**

Miles in. Just one half mile to go. The last push, strain on mind and body to glide across the course and lunge forward at the finish. It’s been a harsh race – unexpected heat, long stretches of land that climbed and dipped in ruthless alternating rhythm. But your training has prepared you for this challenge, and you matched your stride and breaths and managed to stay on pace with your target time.

Just 200 yards to go. The atmosphere increases with voices encouraging you forward, but you focus on your run, the movements you know so well. Closing in and no lift left, your feet propel you for one last burst of speed.

In our spiritual race, we pour over Scripture, connect with like-minded friends for accountability, and stay in tune with God’s voice through prayer. We guard ourselves with the armor of God as to not be sideswiped by the enemy’s advances. And we grow weary with the endurance it takes to keep on course.

But our eyes are fixed on the finish: Jesus, arms open, voice hoarse from beckoning us forward. “Keep running! Do not get discouraged – I am with you and will give you strength to pull ahead!”

### **Go**

1. In what ways can you better build up your spiritual endurance?
2. How can you lean on God when your soul is weary?
3. What Biblical character do you admire for the way they ran their race?

### **Workout**

2 Thessalonians 3:4-5

Ephesians 6:10-17

Hebrews 12:1-2

### **Overtime**

*Lord, I train my heart and soul to know my race course and run it well. Yet there are times my faith falters and the strain of this world weighs on me. Please refresh me today with Your strength and love, and give me grace to continue on and keep my eyes fixed on You. Amen.*

**Bible Reference:**

2 Thessalonians 3:4-5

Ephesians 6:10-17

Hebrews 12:1-2



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/keep-course>