

## What Is At Your Core?

### Ready:

*“She sets about her work vigorously; her arms are strong for her tasks.”* Proverbs 31:17

### Set

Strength, both physical and spiritual, is not something that occurs overnight or happens by osmosis. Strength is a trait that is developed over time through discipline, intentionality, and hard work. The Proverbs 31 woman possessed both physical and spiritual strength, which equipped her to be the woman God created her to be and fulfill the Kingdom work He had for her to do.

The NKJV reads verse 17 this way, *“She girds herself with strength, and strengthens her arms.”* The phrase “gird yourself” usually refers to making your core strong. Most physical trainers agree that the most important part of your body to strengthen is your core. This area gives the rest of your body the stability it needs to perform better. The Proverbs 31 woman was diligent not only to make sure her core was strong (her physical being), but more important, she made sure that the core of her soul (her spiritual being) was being strengthened on a regular basis. In 1 Timothy 4:7–8, it says, *“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. [8] For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”* God deeply desires to use each of us in accomplishing His Kingdom purposes on earth. Let us be men and women who train ourselves both physically and spiritually that we may be prepared to be used by God!

---

*This devotional is an excerpt from FCA Virtuous Woman: Serving & Teamwork, Session 1—Strength*

[Download the entire study for free](#)

### Go

1. What do you think it takes to become physically strong? Spiritually strong?
2. When you face challenges in your life, where do you look for strength?
3. How can a high view of God, learned by reading scripture, strengthen you in difficult times?

### Workout

- 1 Timothy 4:7-8
- 1 John 2:14

- Look up Prov 31:17 in three or four different translations (NIV, NKJV, The Message, NLT, etc). Write down any additional understanding you receive through the differences in wording and incorporate that into a prayer.

**Bible Reference:**

Proverbs 31:17

1 Timothy 4:7-8

1 John 2:14



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/what-your-core>